

500 *delicious*

# SALAD

*Recipes*



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*(Continued on inside of back cover)*

*Sloeks*

# 500 DELICIOUS SALADS



- Appetizer Salads
- Fruit Salads
- Salad Bowls
- Tossed Salads
- Vegetable Salads
- Molded Salads
- Salad Plates
- Chicken Salads
- Fish and Meat Salads
- Frozen Salads
- Holiday Salads
- Salad Garnishes
- Salad Dressings

EDITED BY

**Ruth Berolzheimer**

DIRECTOR, CULINARY ARTS INSTITUTE

ASSOCIATE EDITORS

Edna L. Gaul - Ethel Marie McDonald

Helen Lucy Kinney - Madeleine Jasper

Ann Heiberg

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One of America's foremost  
organizations devoted to the  
science of Better Cookery

# Introduction

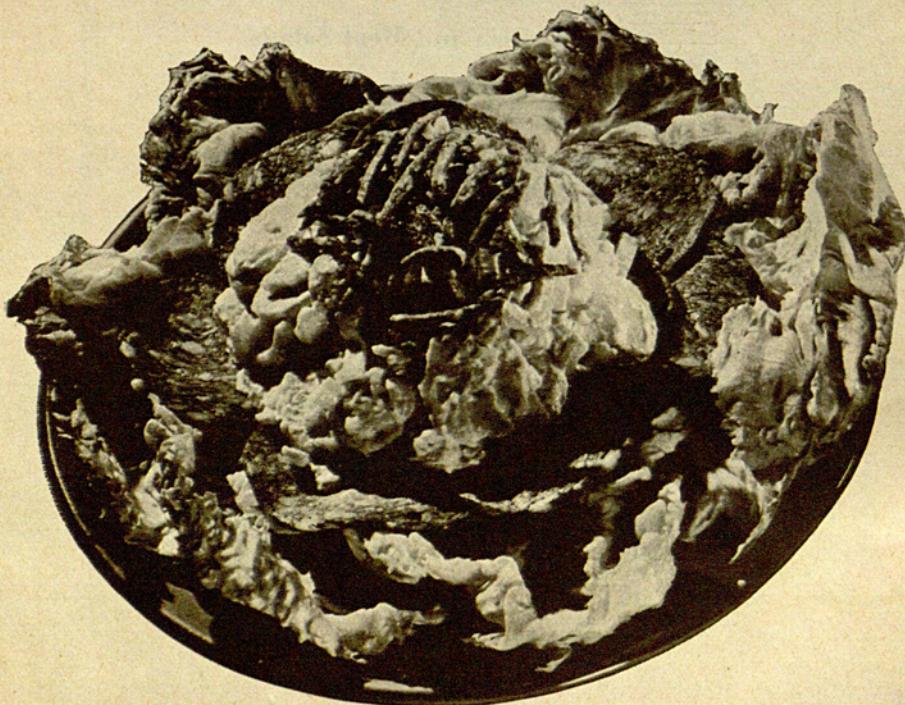
greatly widened consideration of what makes a salad. Fresh crisp greens such as lettuce, chicory, romaine, escarole and watercress with white celery, cabbage and endive are as popular as ever. Indeed the vogue for the salad bowl has enhanced their favor. Added to these are the colored and cooked vegetables.

Fruit salads that are so American in origin and acceptance increase in popularity with every year and with the addition of every new variety. Indeed scarcely a fruit grows today but finds its place somewhere in a salad.

Recently there have been meat, poultry, cheese, fish, sea food and egg salads added to vegetables and fruits. These point to a new purpose for the salad, because in reality they are served as entrées or made the central theme of luncheon or supper. To this group have been added the molded salads whose beauty and lusciousness are bringing them rapidly into favor.

These and more will be found between the covers of this little book to be enjoyed by everyone who uses it.

Salads have become increasingly popular in recent years, and with heightened popularity has come a



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# APPETIZER SALADS

5

## ANCHOVY APPETIZER SALAD

1 small head lettuce or romaine  
2 cans rolled anchovy fillets  
8 ripe olives, sliced  
1/2 small can caviar  
2 hard-cooked eggs  
Horse-radish French Dressing

Arrange lettuce on 4 plates and in center of each place 2 anchovies. Arrange olive slices in circle around anchovies and fill center of each olive slice with caviar. Border with sieved hard-cooked egg yolks and arrange chopped egg whites in outer circle. Serve with dressing. Serves 4.

Use the less expensive salted Italian anchovies instead of fillets. Soak for 4 hours, skin, fillet and roll.

Use chopped pickled herring instead of anchovies.

Use chopped smoked salmon instead of anchovies.

Use slices of stuffed olives instead of ripe olives with caviar.

## ARTICHOKE AND CRAB-MEAT SALAD

1 cup diced cooked artichoke hearts  
1 cup crab meat  
1/2 cup heavy cream, whipped  
1 cup Mayonnaise  
1/2 cup tomato catchup  
1/2 teaspoon Worcestershire sauce  
Salt and pepper

Mix artichokes and crab meat and chill. Whip cream and combine with mayonnaise, catchup, Worcestershire sauce, salt and pepper. Chill. When ready to serve combine sauce with the artichoke and crab mixture. Serves 6.

Use cooked shrimp or lobster meat instead of crab meat. Add 1/4 cup chopped ripe or green olives.

## AVOCADO COCKTAIL SALAD

1 avocado  
2 tablespoons lemon juice  
Salt  
Watercress, romaine or lettuce  
2 cups avocado balls or cubes  
1/2 cup Appetizer Mayonnaise

Cut avocado crosswise into halves and remove seed. Slice 2 rings from each half and peel. Sprinkle with lemon juice and salt, arrange on watercress, and fill rings with avocado balls. Serve with the mayonnaise. Serves 4.

Use 1 cup avocado balls and any of the following:

1 cup diced asparagus tips.  
1 cup diced tomatoes and cucumber.  
1/2 cup diced lobster, shrimp or crab meat and 1/2 cup chopped celery.  
1/3 cup shredded anchovies, 1/3 cup pearl onions, and 1/3 cup chopped celery.  
1/2 cup diced pickled beets and 1/2 cup pickled onions.

Use Frozen Tomato Mayonnaise instead of the Appetizer Mayonnaise.

## GRAPEFRUIT APPETIZER SALAD

Remove seeds from halves of grapefruit. Cut around inside edge as close to shell as possible. Separate grapefruit segments from membrane, cut out remaining membrane and arrange romaine, escarole or chicory around inside of shell. Cut grapefruit segments into pieces and heap up in shell. Serve with French Dressing.

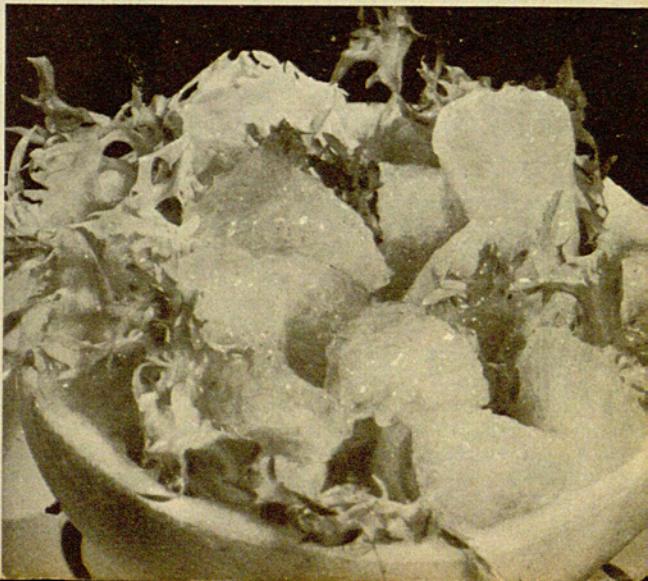
Arrange endive stalks inside grapefruit shell. Heap grapefruit segments at base of stalks and sprinkle with grated Cheddar cheese.

Alternate slices of avocado and segments of grapefruit in grapefruit shell.

Alternate wedges of cantaloupe or honeydew melon with grapefruit segments in shell.

Alternate whole marinated shrimp and segments of grapefruit in shell.

*Nothing sharpens the edge of appetites like tart grapefruit and crisp fresh chicory*



## CELERY CHEESE SALAD

Clean celery and cut stalks into equal lengths. Fill center stalk with pimiento cheese paste, fill next stalk and place it against first stalk and so on until all stalks have been used to form a large compact bunch of celery. Wrap tightly in waxed paper, slip tight rubber bands around stalk at both ends and center and chill. Remove paper, cut into slices, arrange on shredded lettuce and serve with French or Thousand Island Dressing. The slices may be used without dressing as an appetizer. Serves 6 to 8.

## SARDINE SALAD APPETIZERS

### Chicory

- 2 cans small sardines, boned and flaked
- 2 tablespoons chopped onion
- 2 tablespoons chopped parsley
- 4 ripe olives
- 4 pickled beets, sliced
- 4 pickled eggs, sliced

Arrange chicory on 4 salad plates and place sardines in center of each. Sprinkle with chopped onion and parsley and top each with a ripe olive. Surround with border of alternate overlapping slices of beets and eggs. Serve with French Dressing. Serves 4. Marinate sardines in French dressing; serve on shredded lettuce and garnish with chopped eggs and pickled onion rings.

Combine flaked sardines with chopped celery and minced onion. Serve on watercress with Caper French Dressing.

Serve sardines whole on thin slices of dill pickles, placed on slices of lettuce. Garnish with tomato sections, sprinkled with chopped egg, and serve with Chive French Dressing.

## SPRING FLOWER SALADS FLOWERPOTS

- 2 teaspoons unflavored gelatin
- 2 tablespoons cold water
- 3 ounces cream cheese
- Milk, Dash salt
- 2 tablespoons anchovy paste
- ½ teaspoon grated onion

Soften gelatin in cold water. Mash cream cheese and add enough milk to make 1 cup. Blend with salt, anchovy paste and grated onion. Melt gelatin over hot water and stir into cheese mixture. Pour into 2 small custard cups or flared jelly glasses and chill until firm. Unmold and cut each mold into 4 lengthwise slices. Place each slice on colored salad plate to represent flowerpots, and decorate with strips of tomato aspic, ripe olives, pimiento or green pepper. Makes 8.

Use 2 tablespoons softened Roquefort cheese instead of anchovy paste and grated onion.

## FLOWERS

**TULIPS**—Cut a slice of pineapple into halves, then spread open about 2 inches at the top. Place a thin wedge of tomato in center and another wedge on each side over pineapple, resembling tulip petals. Make stem from strip of green pepper, celery or romaine, with leaves (1 on each side of stem) of French endive or romaine.

**LILIES OF THE VALLEY**—Make 3 leaves of French endive or romaine, with 5 long stems of chives arranged in a spray. With pastry bag and small plain tube, pipe softened cream cheese in dots along one side of each stem, to represent lilies. Six ounces cream cheese will be sufficient to make flowers for 8 salads.

**HYACINTHS**—Make 2 leaves of French endive or romaine. Cut piece from slice of fresh pineapple the shape of a hyacinth cluster and arrange between the leaves. With pastry bag and star tube cover pineapple completely with blossoms of softened cream cheese, either white or delicately tinted pink or yellow.

Serve these salads as first course for a spring luncheon, accompanied by Lemon French Dressing.

## TOMATO ANCHOVY APPETIZER SALAD

- 2 tomatoes
- Lettuce or watercress
- 1 small onion, sliced thin
- 6 rolled anchovies
- 1 teaspoon lemon juice
- 1 hard-cooked egg yolk
- French Dressing

Peel tomatoes and cut into thick slices; chill. Arrange lettuce on 6 salad plates; place a tomato slice on each, cover with onion slice and top with anchovy. Sprinkle with lemon juice and garnish with sieved egg yolk. Serve with French dressing. Serves 6.

Use 2 teaspoons chopped chives instead of onion slices.

Use whole sardines instead of anchovies.

Use pickled herring instead of anchovies.

Use chopped cooked chicken liver or pâté de foie gras instead of anchovies.

Use hard-cooked egg slices instead of onion slices and minced chives instead of egg yolk.

*These flowers, that bloom in the spring, tra la, are the loveliest luncheon salads*





# FRUIT SALADS

## APPLE AND NUT SALAD

4 apples, diced  
2 tablespoons lemon juice  
3/4 cup Pineapple Cream Dressing  
Lettuce, 3/4 cup salted almonds

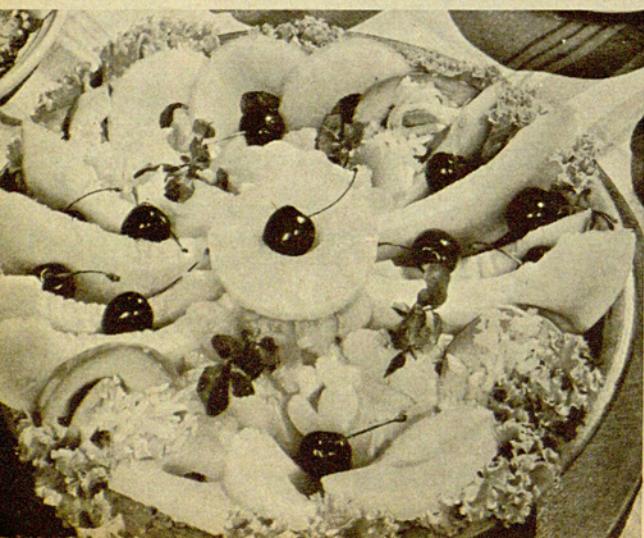
Combine apples, lemon juice and dressing. Arrange in salad bowl on lettuce. Garnish with almonds. Serves 6.

## AUTUMN FRUIT SALAD BOWL

1 head romaine  
1/2 pineapple, pared and sliced  
1 grapefruit, peeled and sectioned  
1/2 red apple, sliced  
1/4 pound red grapes, seeded  
1 orange, peeled and sectioned  
Whipped Cream Mayonnaise

Line salad bowl with romaine. Divide bowl into 4 divisions with half slices of pineapple. Arrange alternate sections of grapefruit and apple slices in 1 division and place remaining fruits in separate divisions. Fill center with mayonnaise. Serves 4.

*Bright red cherries and blush pink cantaloupe with golden pineapple and fresh greens form a colorful salad*



## AVOCADO SALAD

3 avocados  
1 cup pineapple cubes  
1 cup grapes, cut into halves  
2 oranges, peeled and cut into pieces  
French Dressing  
Lettuce  
Fresh mint

Cut avocados into halves lengthwise and scoop out pulp with a French vegetable cutter. Save shells. Combine with other fruit and marinate in French dressing about 20 minutes. Fill avocado shells and serve on lettuce. Garnish with fresh mint. Serves 6. Add 1/2 cup grapefruit segments.

## AVOCADO SALAD WITH FROZEN TOMATO MAYONNAISE

2 avocados, Salt  
4 tablespoons lemon juice  
Frozen Tomato Mayonnaise  
Watercress

Pare avocados. Cut into halves lengthwise and remove seeds. Sprinkle with salt and lemon juice. Fill centers with mayonnaise and serve on watercress. Serves 4.

## BANANA SALMON SALAD

3 ripe bananas, diced  
1/2 cup diced canned pineapple (about 2 slices)  
1 1/2 cups canned salmon  
1/4 cup diced celery  
1/2 teaspoon salt  
1 tablespoon chopped pickle  
Mayonnaise to moisten

Mix bananas and pineapple together. Add flaked salmon. Fold in remaining ingredients. Garnish with crisp lettuce or other greens and lemon slices. Serves 8.

## CANTALOUPE CHERRY SALAD BOWL

2 ripe cantaloupe, chilled  
1 head lettuce  
Cottage Cheese Mayonnaise  
2 cups fresh red cherries, pitted

Cut cantaloupe into crosswise halves and remove seeds. Cut balls from 1 cantaloupe using a French cutter; pare the other cantaloupe and cut crosswise into thin slices. Cut each slice into halves to form a semicircle. Tear lettuce into large pieces and toss in salad bowl with mayonnaise. Arrange cantaloupe, balls and slices, in bowl alternating with cherries. Serve with additional mayonnaise. Serves 6.

Arrange red cherries and cantaloupe balls in center of bowl and border with overlapping cantaloupe slices.

Use fresh red raspberries for cherries.

Use fresh strawberries for cherries.

Use oxheart cherries for red cherries; stuff with cream cheese and serve with Mint French Dressing.

Use honeydew melon for cantaloupe; and Lime French Dressing for Cottage Cheese Mayonnaise.

## AVOCADO FRUIT SALAD BOWL

2 grapefruit  
2 oranges  
French Dressing  
Romaine  
French endive  
1 avocado  
Cottage Cheese Mayonnaise

Peel grapefruit and oranges, removing segments whole. Marinate in dressing; chill. Line salad bowl with romaine and endive. Pare and halve avocado, removing seed. Cut one half into serving portions, and place in salad bowl. Fill cavity of remaining half with mayonnaise. Arrange orange and grapefruit sections around avocado. Serves 4.

## CINNAMON APPLE SALAD

6 apples  
1 cup water  
1 cup red cinnamon drops  
2 cups sugar, Lettuce  
Chopped nut meats  
Cream cheese  
Mayonnaise

Pare and core apples. Heat water, cinnamon drops and sugar in a large saucepan until sugar and cinnamon drops are melted. Add apples and cook slowly, turning apples frequently in the sirup. When apples are tender, lift from sirup carefully, chill and place on lettuce. Fill centers with chopped nuts and softened cream cheese and serve with mayonnaise. Serves 6.

Instead of cheese and nut filling: Fill centers with celery and nuts mixed with mayonnaise.

Fill centers with chopped raisins and nuts moistened with lemon juice.

Fill centers with chopped dates, celery and mayonnaise.

## CORONATION SALAD

6 fresh pears  
Lemon juice  
1/2 cup cottage cheese  
2 tablespoons Mayonnaise  
Red Bar-le-Duc  
Romaine  
Whipped Cream Mayonnaise

Peel pears and sprinkle with lemon juice. Hollow out bottom portion; stuff with cottage cheese mixed with mayonnaise. Scoop out center of top slightly and fill with 2 teaspoons of red Bar-le-Duc. Arrange on romaine and serve with mayonnaise. Serves 6.

## COTTAGE CHEESE FRUIT SALAD BOWL

1 grapefruit, in segments  
2 oranges, in segments  
1 avocado, pared and sliced  
Lemon French Dressing  
1/2 head lettuce  
1/2 head French endive  
1/2 bunch watercress  
1 1/2 cups cottage cheese

Marinate fruit in dressing and chill. Toss salad greens together in salad bowl with dressing, pile cottage cheese in center and ar-

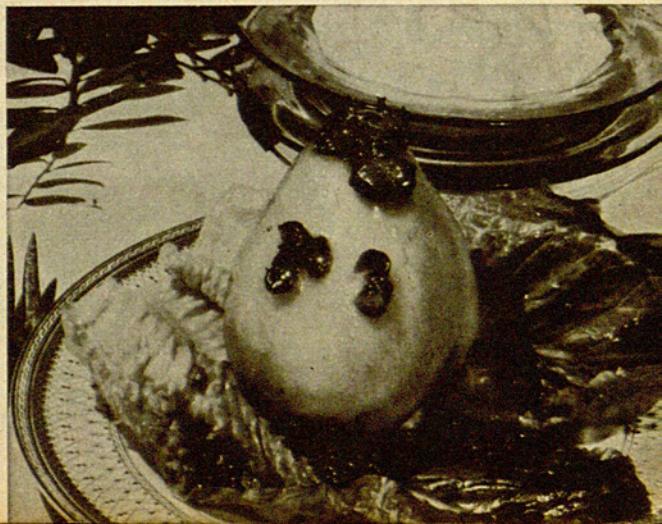
range border of orange and grapefruit segments alternating with avocado slices. Serves 6. Use tomato wedges instead of orange segments. Use pineapple spears and strawberries instead of grapefruit and avocado. Use fresh figs and ripe cherries instead of avocado.

## FRESH FRUIT SALAD BOWL

2 bananas, cut lengthwise  
4 slices avocado  
Lemon juice  
1 head chicory, shredded  
4 long strips cantaloupe  
4 half-slices fresh pineapple  
8 orange segments  
12 black cherries  
12 honeydew melon balls  
12 watermelon balls  
Fruit French Dressing

Dip banana and avocado in lemon juice. Line a salad bowl with chicory and on this arrange banana and cantaloupe. Alternate pineapple, avocado, and oranges in bowl. Make a nest of cherries and garnish with melon balls. Serve with dressing. Serves 4.

*Red Bar-le-Duc provides coronation jewels for stuffed fresh pears*



## FRUIT SALAD COMBINATIONS

Serve on Salad Greens with French Dressing.

Alternate slices of avocado, grapefruit and tomato.

Alternate slices of avocado, Japanese persimmon and grapefruit segments.

Diced avocado and pineapple cubes, garnished with ripe olives. Sliced oranges and quartered bananas sprinkled with lemon juice and rolled in chopped nuts.

Alternate grapefruit segments and Japanese persimmon wedges on split banana.

Grapefruit segments, cantaloupe or honeydew melon slices with cottage cheese.

Melon balls, white grapes, fresh peach slices and pineapple spears. Watermelon, cantaloupe and honeydew melon balls, pineapple cubes and Brazil nuts or toasted almonds.

Fresh pineapple, fresh red cherries, orange sections.

Orange slices, diced fresh figs, toasted almonds, red raspberries. Sliced orange segments, fresh

*Cries of delight will greet this frosty bunch of grapes when the layers below are explored*

cherries, white grapes, sliced bananas and chopped mint.

Fresh diced pears, sliced bananas and red raspberries.

Diced fresh pear, chopped nut meats and ginger ale cubes.

Sliced fresh pear, cream cheese and chopped preserved ginger.

Cheese-stuffed prunes on orange slices.

Diced apples, sliced bananas and Tokay grapes.

## FRUIT SALAD BOWL

1 bunch chicory, washed, dried

1 avocado, sliced lengthwise

3 bananas, cut into eighths

Pineapple juice

3 slices pineapple, cut into halves

6 plums, pitted

12 orange slices

6 wedges cantaloupe

18 watermelon balls

2 cups seedless grapes

Pineapple French Dressing

Have ingredients well chilled. Arrange chicory in salad bowl. Dip avocado and bananas into pineapple juice to prevent discoloration; drain. Arrange fruit attractively on chicory, grouping all of each kind together. Serve with dressing, arranging some of each fruit on individual plates. Serves 6.

## FRUIT SALAD IN ICE BOWLS

Serve fruit salads or semifrozen fruit combinations in 1 large, or individual small ice bowls, colored in pastel shades. Serve with any preferred fruit dressing.

## ICE BOWLS

Freeze water, colored pale green, in bowl shaped mold. When sufficient ice is formed for wall, break through thin ice layer in center and pour out the water.

Freeze water in enamel bowl, covered and packed in ice and salt. When frozen 1 inch thick press down small bowl until water runs out. When freezing process starts again remove smaller bowl. To unmold dip bowl into hot water.

Repeat process for individual bowls, coloring each in different pastel shade.

## GRAPE AND PEAR SALAD

Chicory or 8 grape leaves

8 pear halves

6 ounces cream cheese

1/4 cup cream

2 pounds white seedless grapes

French Dressing

Cover salad plates with chicory or a large grape leaf. Place a pear half on each, flat-side down. Mix cream cheese and cream and spread the pear liberally with the mixture. Cut grapes into halves and place flat-side down on the covered pear, close together to resemble a bunch of grapes. Place a piece of grape stem in large end of pear. Serve with French dressing. Serves 8.

Use seeded purple grapes or seeded Tokay grapes instead of white grapes.

Use Whipped Cream Dressing instead of French dressing.



## AVOCADO CRESCENTS

Halve fruit lengthwise, remove seed, pare, cut each half crosswise and slice to form crescents. Sprinkle with lemon juice and salt. Serve plain with rounded edges overlapping, on salad greens with a section of lemon, or alternate with grapefruit or orange segments, halves of sliced pineapple, melon crescents, apple wedges, pear or peach slices, tomato wedges or halved slices.



## FRUIT SALAD SUPREME

1 pineapple

Pineapple Cream Dressing

1 head lettuce

3 oranges, peeled and sliced

2 cups fresh strawberries

Remove top from pineapple; hollow out center and fill with dressing. Arrange lettuce on chop plate or large salad plates. Place tips of pineapple spines, cut from removed portion, in center and around this arrange orange slices and strawberries. Serves 6.

## GRAPEFRUIT AND ALMOND SALAD

2½ cups grapefruit segments

1 cup shredded blanched almonds

½ cup chopped dates

1 green pepper, cut into rings

Cream Cheese Ginger Dressing

Lettuce

Toss first 5 ingredients together and serve in lettuce cups. Serves 8.

Use equal amounts of orange and grapefruit segments; omit dates.

## ORANGE LUNCHEON SALAD

8 oranges

3 Spanish or Italian onions

Cream cheese and nut balls

French Dressing

Peel oranges removing all exterior membrane and skin. Peel onions, and slice onions and oranges thin. Arrange in a circle with slices of orange and onion alternating. Place a ball in center of each plate and serve with French dressing. Serves 8.

## PAPAYA SALAD

2½ cups diced papaya

1½ cups diced pineapple

1 cup sliced celery

2 tablespoons finely chopped onion

½ teaspoon salt

¾ cup Mayonnaise, Lettuce

Prepare fruit, combine with remaining ingredients, serve on crisp lettuce leaves. Dress with mayonnaise and a dash of paprika. Serves 8.

## PEACH AND BERRY SALAD

12 fresh or canned peach halves

1 head lettuce, separated

3 dozen red raspberries

Raspberry jelly, Watercress

If fresh peaches are used, peel, stone and halve them. If canned peaches are used, drain well. Arrange 2 peach halves on lettuce for each serving. Arrange several raspberries on each, fill centers with jelly, and garnish with watercress. Serve with mayonnaise. Serves 6.

*The richness of avocado is best set off by the crisp juiciness of oranges*

## PEAR SALAD WITH GINGER CHEESE

6 pear halves (fresh or canned)

3 ounces cream cheese

2 tablespoons cream

3 tablespoons chopped crystallized ginger

1 bunch watercress

Orange French Dressing

Drain pear halves, if canned; chill. Soften cream cheese with cream and blend with ginger. Heap 1 tablespoon cheese mixture in hollow of each pear and arrange on watercress. Serve with dressing. Serves 6.

Omit ginger and use Ginger Ale French Dressing instead of orange.

Omit ginger and use Bar-le-Duc Mayonnaise instead of Orange Dressing.

Use cranberry sauce instead of ginger.

**PEACH**—Use peach halves instead of pears. Use chopped dates or nut meats instead of ginger.

**APRICOT**—Use apricots instead of pears. Use drained crushed pineapple instead of ginger.

## PINEAPPLE AND BANANA SALAD

1½ cups pineapple cubes

3 ounces cream cheese

2 tablespoons lemon juice

¼ cup pineapple juice

4 bananas

Chicory or lettuce

Lemon French Dressing

Drain pineapple, mash cheese and add lemon and pineapple juice gradually. Beat until creamy. Slice bananas lengthwise, brush with fruit juice. Arrange fruit on salad greens. Serve with dressing. Serves 4.

Brush bananas with honey and dip into chopped toasted almonds.

## PINEAPPLE BASKET SALAD

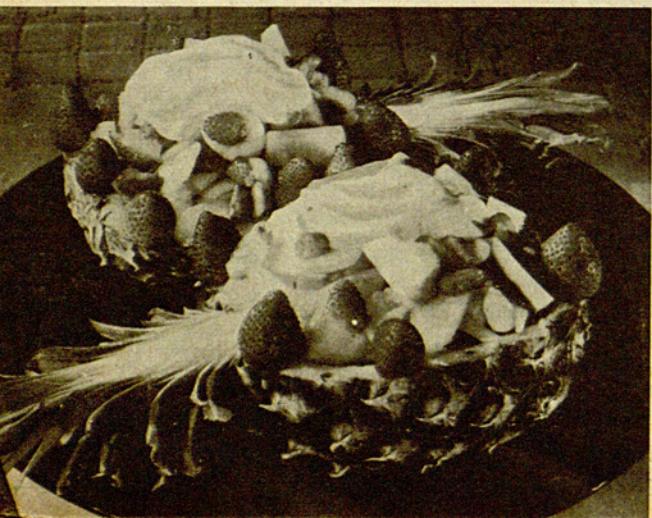
1 pineapple

2 cups fruit salad

Mayonnaise

Cut pineapple into halves lengthwise and scoop out the pulp in cubes or balls. Mix with fruit salad and pile in pineapple baskets. Serve with mayonnaise.

*Nature and art combine to produce these lovely pineapple baskets*



## ROYAL SALAD

Romaine

1 orange

1 grapefruit

1½ pears

1 green pepper

6 strawberries

Strawberry Cream Mayonnaise

Arrange romaine on individual salad plates. On this arrange 3 segments of orange, 2 of grapefruit, 2 sections of pear, separating the different fruits with a slice of green pepper. Top with strawberry crown. Serve with mayonnaise. Serves 6.

## SEMIFROZEN FRUIT COMBINATIONS

Peeled fresh figs, fresh strawberries and fresh pineapple cubes. Orange and grapefruit segments with peeled and seeded Tokay grapes.

Sliced Japanese persimmon, grapefruit segments and sliced avocado.

Sliced fresh pears, peeled white grapes and red raspberries.

Quartered peaches, pears and plums.

Watermelon, honeydew and cantaloupe balls.

Pears, Peaches, seedless grapes and chopped maraschino cherries.

## STRAWBERRY MELON SALAD BOWL

1 cantaloupe

½ honeydew melon

½ clove garlic

Lettuce

1 pint strawberries or red raspberries

Lime French Dressing

All melons should be served very cold. The melon pulp may be shaped into balls with a French vegetable cutter, diced, or scooped out in large spoonfuls. Rub bowl with garlic. Line with lettuce leaves and arrange berries and melon balls on lettuce. Serve with dressing. Serves 6. Serve with Lemon Mayonnaise instead of French Dressing.

## SUN GLOW SALAD

6 large slices pineapple

Chicory

6 large peach halves

Cream Cheese Mayonnaise

6 cocktail cherries

Place a slice of pineapple on chicory, and top with a peach half filled with mayonnaise. Garnish with cherry. Serves 6.

## WALDORF SALAD

6 tart red apples

4 celery hearts

2 ounces English walnut meats

Whipped Cream Dressing

Lettuce

Pare apples, cut into long slender strips and dip into lemon water. Cut celery the same way. Shave walnuts into fine pieces. Combine walnuts, apples and celery with enough dressing to moisten. Heap on lettuce on salad plates. Serves 6.

Leave skins on apples and dice. Use black walnuts, toasted almonds or pecans instead of English walnuts.

## YOUR SALAD BOWL

Wooden salad bowls develop a fine patina with age, and the flavor of garlic rubbed into the wood is preserved if the bowls are not washed. Drain the bowl each time after use, rub dry with absorbent paper and polish with oiled paper. This method also keeps the bowl from cracking. Keep in an oiled container or cheesecloth bag when not in use. If made of unfinished wood rub inside of bowl thoroughly with olive oil and dry out before using the first time. If possible, keep one bowl for green salads alone. Large pottery, china or glass bowls may be used if preferred, especially for fish, fruit and other salads mixed with mayonnaise. These should be chilled before salad is added and should, of course, be washed each time after using.

## SALAD GREENS

Remove wilted leaves from greens and wash well. Drain and chill in ice water for  $\frac{1}{2}$  hour or refrigerate until crisp. Dry thoroughly by wrapping in towel or shaking in wire basket.

Never cut salad greens. Tear into large pieces or shred. Rub salad bowl with cut clove of garlic, add greens and toss with French dressing, using salad fork and spoon.

If you prefer to mix your dressing at table, put seasoning in salad spoon and fill with oil, sprinkle over greens and then pour over just enough additional oil to coat greens; toss lightly, sprinkle with lemon juice or vinegar (preferably tarragon) and toss again.

Instead of rubbing the bowl with garlic you may rub a small crust of dry bread with a cut clove of garlic and drop into bowl before adding greens. This may be taken out before serving, or cut into small cubes and mixed with the salad.

## COMBINATIONS FOR GREEN SALAD BOWLS

Lettuce, chicory, uncooked spinach, chives.

Watercress, dandelion greens, Spring onions.

Uncooked spinach, chervil, chopped onion, parsley.

Romaine, watercress, parsley. Lettuce, escarole, chicory, chives. Romaine, lettuce, watercress, sliced green pepper.

Lettuce, escarole, romaine, pearl onions.

Lettuce, basil, parsley, thyme. Tomato sections, cucumber slices or chopped hard-cooked eggs may be added.

## SPRING SALAD BOWL

2 cups cooked peas  
6 cooked cauliflowerets  
2 cups cooked green beans  
2 tomatoes, peeled and sliced  
French or Roquefort Dressing  
1 head lettuce  
Watercress  
Radish Roses

Marinate vegetables separately in French dressing and chill for 1 hour. Line salad bowl with outside leaves of lettuce, and place 4 lettuce cups around center of bowl. Fill each with one of the vegetables, and garnish center of bowl with watercress and radish roses. Serves 6.

*Tear greens into manageable pieces and arrange around the salad bowl*





*Score unpared cucumbers with a fork to produce green scalloped slices and cut radishes almost through to form fans*

### CHICORY SALAD BOWL

Lettuce hearts  
Small crust French bread rubbed with garlic  
1 head chicory  
2 tablespoons chopped chervil  
2 tablespoons minced tarragon  
Olive or salad oil  
½ teaspoon salt  
Dash pepper  
Tarragon vinegar

Line salad bowl with lettuce and add crust of bread. Break chicory into pieces and add with chervil and tarragon. Toss with just enough oil to coat salad greens; chill for 15 minutes. Add salt and pepper to vinegar using  $\frac{1}{4}$  as much vinegar as oil; pour over salad and toss again. Serves 5. Use Chicken Liver Dressing instead of oil and vinegar as above. Use Anchovy French Dressing. Use Roquefort French Dressing. Sprinkle with grated uncooked cauliflower and carrots.

### EGG AND ONION SALAD BOWL

1 head lettuce  
Lemon French Dressing  
4 medium onions  
8 hard-cooked eggs  
½ cup grated sharp cheese  
1 tablespoon minced parsley

Shred lettuce and toss with dressing. Arrange alternate layers of sliced onions and eggs over lettuce in salad bowl. Moisten with additional dressing, sprinkle with cheese and garnish with parsley. Serves 6.

### GREEN BEAN SALAD BOWL

3 cups cooked green beans  
1 small onion, minced  
½ cup French Dressing  
1 canned pimiento, cut into fine strips  
Lettuce leaves

Combine beans and onion with French dressing. Chill for 1 hour. Drain; add pimiento and toss in salad bowl. Garnish with lettuce. Serves 6.

Use  $\frac{1}{2}$  cup sliced radishes instead of pimiento. Use 1 tablespoon chopped chives instead of onion.

### FRENCH POTATO SALAD BOWL

4 to 6 large new potatoes, boiled in their jackets  
1 cup chopped celery  
½ cup pearl onions  
1 tablespoon chopped pimiento  
2 tablespoons chopped parsley  
1 teaspoon salt, Dash pepper  
Caper French Dressing  
Lettuce hearts

Peel potatoes and cut into thin slices; add celery, onions, pimiento, parsley and seasonings. Pour on just enough dressing to coat each potato slice; chill. Toss lettuce hearts in bowl with dressing, and heap potato salad on top of lettuce. Serves 6.

### GREEN SALAD BOWL WITH COTTAGE CHEESE

½ head lettuce  
½ head chicory  
½ bunch watercress  
¾ cup thinly sliced carrots  
Chiffonade French Dressing  
1 cup cottage cheese

Shred lettuce, chicory and watercress and combine with carrots in a salad bowl. Toss together with dressing; heap cottage cheese in center. Serves 6.

## GREEN SALAD BOWL WITH CLARET DRESSING

### FOR DUCK OR GAME DINNER

1 clove garlic, cut into halves

1/2 head lettuce

1/2 head escarole

1/2 head chicory

1/2 bunch watercress

3/4 teaspoon salt

Dash pepper

1/2 cup olive or salad oil

2 tablespoons lemon juice

2 tablespoons claret

Rub large salad bowl with garlic. Tear salad greens into pieces. Place in bowl, season with salt and pepper, pour olive oil slowly over greens and toss together until coated but not saturated. Pour lemon juice and claret over salad and toss once more. Serves 8 to 10.

Use 4 tablespoons red wine vinegar instead of claret and lemon juice.

Use 4 tablespoons chopped chives instead of garlic.

## PICNIC SALAD BOWL

1 No. 2 can asparagus tips

Mustard French Dressing

3 hard-cooked eggs

1/3 cup deviled ham

Hearts of lettuce

2 strips pimiento

6 wedges Swiss cheese

Marinate asparagus in dressing; chill. Cut eggs lengthwise and remove yolks. Stuff with deviled ham mixed with mashed egg yolks and moisten with dressing. Toss lettuce hearts in salad bowl with dressing. Arrange asparagus tips in center (held together with pimiento strips), surround with cheese and border with stuffed egg halves. Serve with potato chips. Serves 6.

Use cooked green beans instead of asparagus tips.

## MIXED VEGETABLE SALAD BOWL

3 tomatoes, cut into wedges

1 cucumber, cut into thin slices

1 green pepper, cut into rings

6 green onions, sliced

6 radishes, sliced

1 head lettuce, shredded

Garlic French Dressing

Prepare and chill vegetables. Toss together with dressing in salad bowl. Serves 6.

## STAR SALAD BOWL

1 cup sliced cooked beets

1 cup sliced cooked zucchini

1 cup sliced cooked green beans

1 cup sliced boiled potatoes

1 large head lettuce, shredded

2 hard-cooked eggs, chopped

1 cup French Dressing

1 cup Mayonnaise

2 cans fillets of anchovy

1/2 cup capers, chopped

6 ripe olives, chopped

2 hard-cooked eggs, sliced

Combine first 6 ingredients in salad bowl, moisten with the French dressing and a little mayonnaise. Cover top of salad with thin layer of mayonnaise; arrange anchovies on top in shape of 5-pointed star and border with capers. Arrange chopped olives in center and garnish with egg slices. Serves 8 to 10.

## SALAD BOWL COMBINATIONS

Avocado, grapefruit, romaine.

Avocado, orange and watercress.

Avocado, peeled white grapes and chicory.

Avocado, tangerine, pecans and lettuce.

Avocado, tart apple and romaine. Chicory, escarole and grapefruit. Chicory, shredded cabbage and lettuce.

Escarole, Chinese cabbage and watercress.

Chinese cabbage, tomato, radish and olives.

Endive, carrot sticks and grapefruit.

Shredded carrot, Chinese cabbage and romaine.

Orange, Bermuda onion and romaine.

Potato diced, celery, cucumber, green pepper and pimiento.

Green peas, mint leaves, lettuce, Dandelion, escarole, pimiento and onion.

Lettuce, fresh spinach, watercress, radishes, carrot sticks.

Cabbage, carrot sticks, diced apples, shredded green pepper.

*Ingredients for the salad bowl should be arranged in orderly heaps or rows with an eye to color and contrast*



## ONION SALAD BOWL

1 bunch watercress  
4 Bermuda onions, cut into rings  
2 cucumbers, pared and cut into eighths

### Lemon French Dressing

Chill watercress. Marinate onion rings and cucumbers in French dressing and chill. Toss cress in salad bowl with dressing, and arrange onion rings and cucumbers on top. Serves 4.

Line bowl with lettuce, place cress in center, tomato wedges and cucumbers around it and top with overlapping onion rings.

## SHRIMP SALAD WITH PEAS

2 cups fresh cooked shrimp  
Mayonnaise, Cream  
1 cup diced celery  
4 hard-cooked eggs  
1 cup cooked peas, lettuce

Clean shrimp. Thin mayonnaise with cream and mix all ingredients together lightly. Season and serve on crisp lettuce. Serves 8.

*Overlapping rings of sweet onion form an interesting arrangement with the watercress center.*

## SUPPER SALAD BOWL

1 clove garlic, cut into halves  
1 head lettuce, shredded  
1 bunch chicory, shredded  
3 tomatoes, quartered  
1 cucumber, sliced  
6 scallions, sliced  
6 radishes, sliced  
3 stalks celery, diced  
Fines Herbes French Dressing  
3 hard-cooked eggs, sliced  
6 slices bacon, fried until crisp

Rub salad bowl with cut surface of garlic. Toss lettuce, chicory, tomatoes, cucumber, scallions, radishes and celery together in salad bowl with dressing; garnish with border of egg slices and sprinkle chopped bacon over all. Serves 6 to 8.

## TONGUE SALAD

1½ cups diced cold cooked tongue  
1 cup cold cooked green beans  
Pearl Onion French Dressing  
1 head lettuce  
Stuffed olives, chopped  
2 tomatoes, diced

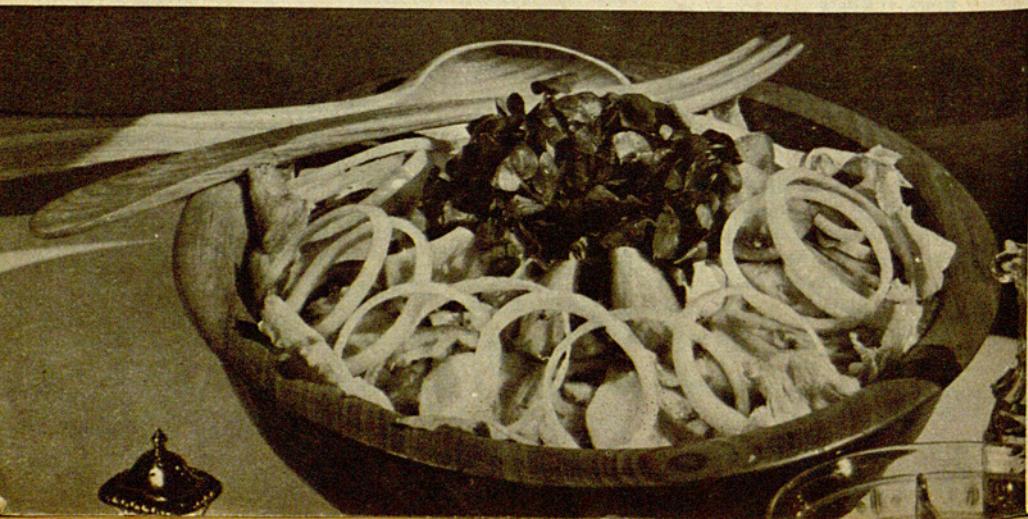
Marinate tongue and green beans (separately) in dressing for 1 hour. Toss lettuce in salad bowl with dressing, add remaining ingredients and toss lightly again. Serves 6.

## STUFFED CABBAGE SALAD BOWL

1 small head cabbage  
1 onion, minced  
4 tablespoons chopped parsley  
6 stuffed olives, sliced  
3 pickled beets, cut into strips  
Sour Cream Dressing

Wash cabbage and remove outside leaves. Hollow out, leaving a shell. Shred cabbage removed from center; combine with onion, parsley, olives and beets and add dressing to moisten. Refill cabbage shell, arrange in its own leaves in a salad bowl and garnish top with slices of olives. Serve with additional dressing. Serves 6. Use thin slices of tart apple instead of onion; 4 tablespoons shredded green pepper instead of parsley; and 3 uncooked carrots, grated, instead of beets. Omit olives. Toss together with French Dressing instead of sour cream dressing.

**CABBAGE PINEAPPLE**—Mix together 2 cups finely shredded cabbage, 1 cup drained diced pineapple, ½ teaspoon salt, 1 cup shredded coconut and 12 marshmallows, quartered. Whip 1 cup cream stiff and fold in cabbage mixture. Arrange in cabbage bowl and serve at once, for 8.



## SALAD BOWL OF VEGETABLES JULIENNE

- 1 small cucumber, pared
- 1 cup shredded cooked green beans
- 1 cup shredded cooked carrots
- French Dressing, Lettuce
- Olive or salad oil

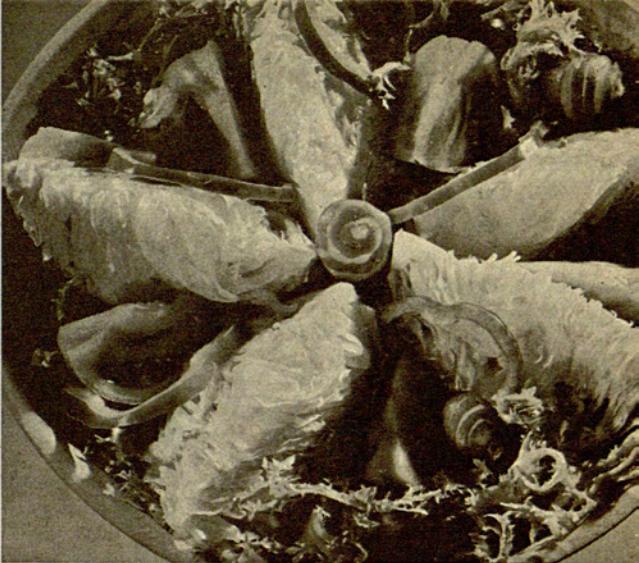
Cut cucumber into long slender strips, add beans and carrots and marinate in dressing. Shred lettuce into large pieces and toss in salad bowl with olive oil. Drain marinated vegetables and arrange in center of bowl. Serves 6.

## TOMATO AVOCADO SALAD BOWL

- 4 tablespoons olive or salad oil
- 4 tablespoons lemon juice
- 4 tomatoes, peeled and cut into eighths
- 1 avocado
- ½ teaspoon salt
- 1 clove garlic, cut into halves
- ½ head lettuce
- ½ head chicory
- ½ bunch watercress
- Roquefort French Dressing

Pour olive oil and 2 tablespoons lemon juice over tomatoes; chill. Cut avocado lengthwise into halves, remove stone, pare and cut fruit into crescents. Sprinkle with remaining lemon juice and salt. Rub salad bowl with garlic; shred salad greens and toss together in bowl with tomatoes, avocado and dressing. Serves 6 to 8.

Alternate tomato and avocado crescents in overlapping border around edge of salad bowl. Cut tomatoes into thin slices and avocado into rings. Arrange tomato slices in border around bowl and top each with avocado ring. Dice avocado and tomatoes instead of cutting as above. Use 2 teaspoons chopped chives instead of garlic.



## VEGETABLE AND SMOKED HERRING SALAD BOWL

- ½ cup diced cooked potatoes
- ½ cup diced cooked beets
- ½ cup diced cooked carrots
- 2 tablespoons minced onion
- ½ cup shredded smoked herring
- ½ teaspoon salt
- Dash allspice
- Lettuce hearts
- ½ cup olive or salad oil
- Lemon juice

Combine vegetables, herring, salt and allspice in salad bowl lined with lettuce hearts or endive. Pour oil over mixture gradually and toss together; add enough lemon juice to give tartness and toss again. Serves 4.

## VEGETABLE SALAD BOWL

- 1 clove garlic, cut into halves
- 1 small head lettuce, shredded
- 2 cups shredded uncooked spinach
- 1 bunch chicory, chopped
- 1 carrot, shredded
- 3 tomatoes, diced
- 6 green onions, sliced
- 6 radishes, sliced
- 3 stalks celery, chopped
- ½ cup Cucumber French Dressing

*Large wedges of lettuce and tomato form an effective star pattern*

Rub salad bowl with garlic. Add greens, vegetables and dressing and toss together until well mixed. Chill 15 minutes before serving. Serves 8.

## WINTER SALAD BOWL

- 4 cooked cauliflowerets
- ½ cup cooked beets, cut into strips
- ½ cup cooked green beans, cut into strips
- ½ cup cooked carrots, cut into strips
- ½ cup cooked peas
- Lemon French Dressing
- 1 small head lettuce
- 3 ounces Swiss cheese

Marinate each of the vegetables separately in French dressing; chill for 1 hour. Drain vegetables and save dressing. Shred lettuce into salad bowl and toss with enough dressing to coat the leaves. In center of bowl arrange the cauliflowerets; around these arrange remaining vegetables in groups. Sprinkle with grated Swiss cheese. Serves 6.

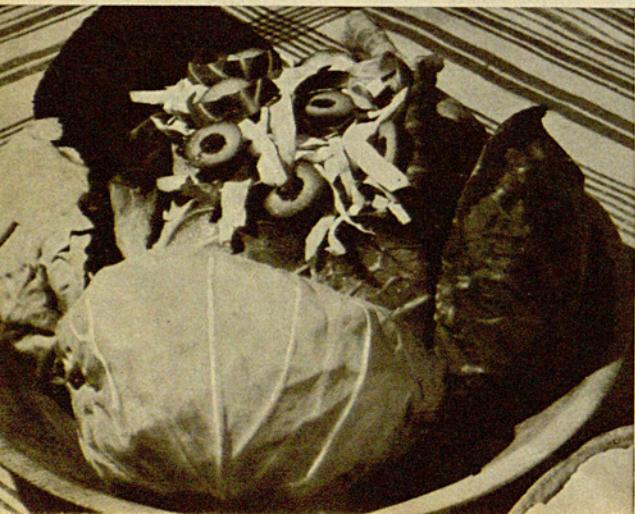
# VEGETABLE SALADS

## ARTICHOKE RING

2 cups artichoke pulp  
 1 tablespoon unflavored gelatin  
 1/4 cup cold water  
 1 teaspoon salt  
 1/2 cup French Dressing  
 1/2 cup chili sauce  
 1/2 cup Mayonnaise  
 1/2 cup whipped cream  
 1/4 teaspoon paprika  
 5 hard-cooked eggs, chopped fine  
 1/2 cup stuffed olives, cut fine

Prepare artichokes by cooking in boiling salted water until tender, 30 to 40 minutes. When cooked, drain well. Remove leaves and scrape off the tender part of each. Chop the hearts and combine with other pulp. Soften gelatin in cold water for 5 minutes and then dissolve over hot water. Add salt, French dressing, chili sauce, mayonnaise, whipped cream and paprika to gelatin. Stir in artichoke pulp, eggs and olives. Pour into a ring mold and chill until firm. Unmold on crisp, cold salad greens and fill center with crab meat, shrimp, salmon or lobster salad. Serves 8.

*The whole leaves make a charming container for cabbage salad*



## CABBAGE SALAD

1 small head cabbage, shredded fine  
 1 pimiento, chopped  
 1 green pepper, chopped  
 1/2 teaspoon salt  
 Dash pepper  
 Cooked Dressing to moisten

Combine ingredients, chill for 2 hours. Serves 6 to 8.

Use 3 small chopped tomatoes instead of pimiento and green pepper; use Mustard French Dressing instead of cooked dressing.

Use 2 chopped tomatoes instead of pimiento; marinate cabbage, tomatoes and green pepper in French Dressing and chill. Drain; mix with Mayonnaise; pack in small molds and chill again. Unmold; serve on romaine or lettuce.

Add 1/2 cup shredded uncooked carrot and 1/2 cup chopped celery; use Sour Cream Dressing instead of cooked dressing.

Use red cabbage instead of white; omit pimiento and green pepper and add 1 tart apple, diced, 1/2 cup chopped celery. Add 1/2 cup each of sliced radishes, uncooked cauliflower, and spinach; 1/4 cup sliced onion. Use French Dressing.

## CHAYOTE, CARROT AND AVOCADO SALAD

1 1/2 cups diced carrots  
 1 1/2 cups diced chayote  
 French Dressing  
 Lettuce  
 1 1/2 cups diced avocado

Cook carrots and chayote separately in boiling salted water until tender. Drain, add a little French dressing and chill. Cover salad plate with shredded lettuce; pile chayote in center, surround with a ring of carrots and a ring of avocado. Serve with French dressing or Mayonnaise. Serves 6.

## CUCUMBER BOATS

3 large cucumbers  
 1/2 cup French Dressing  
 Watercress

Pare cucumbers and cut lengthwise into halves. Hollow out, sprinkle with dressing and chill 1/2 hour. Fill center with any of the following; garnish with watercress.

Shrimp, crab meat or lobster salad.

Fish salad, Chicken salad.  
 Frozen Tomato Mayonnaise.

## CUCUMBER COTTAGE CHEESE SALAD

2 cups cottage cheese  
 1/2 cup sour cream  
 1/4 cup chopped chives  
 1/2 cucumber, diced  
 1 tablespoon chopped watercress  
 Salt and pepper  
 Crisp lettuce

Mix cottage cheese and sour cream lightly with a fork. Add vegetables, season with a few grains of salt and pepper and shape into mounds. Place on lettuce leaves, garnish with watercress and serve cold. Serves 4.

## VEGETABLE SALADS

### DUTCH SLAW

2 pounds cabbage  
Boiling water  
1 egg  
1 tablespoon sugar  
1 teaspoon salt  
Dash pepper  
1/4 cup vinegar

Shred cabbage fine, add water to cover and cook until tender. Beat egg, add sugar, salt, pepper and vinegar and pour over drained cooked cabbage. Heat for 5 minutes. Serves 6.

Add 1/2 teaspoon caraway seeds and 1/2 cup diced cooked ham or frankfurters.

### CREAMY LETTUCE SALAD

4 slices bacon, diced  
1 tablespoon flour  
1 cup sour cream  
2 tablespoons sugar  
1 teaspoon salt  
2 tablespoons vinegar  
Lettuce

Fry bacon until crisp; stir in flour and blend. Add cream and cook, stirring constantly, until mixture begins to thicken. Add sugar, salt and vinegar. Separate lettuce leaves and wash thoroughly. Dry well, cover with hot sauce and mix. Serves 4.

### HOT GREEN BEAN AND BACON SALAD

2 pounds fresh green beans  
3 slices uncooked bacon, diced  
1 onion, minced  
1/2 cup vinegar  
Dash pepper

Wash and string beans; cut into diagonal strips and cook in salted water until tender. Drain and keep hot. Fry bacon until crisp; add onion, stir for a minute and add vinegar, letting it boil up once. Pour over the beans, add pepper and serve hot. Serves 6.



### HOT CHICORY BOWL

1 head chicory, torn into pieces  
2 tablespoons chopped chives or minced green onion tops  
1/2 teaspoon salt  
4 slices bacon, diced  
1/4 cup cider vinegar  
3 hard-cooked eggs

Combine chicory, chives, salt and pepper in salad bowl. Fry bacon until crisp; add vinegar, let boil up once and pour over salad immediately. Toss quickly, stirring in chopped or sliced eggs at same time. Serves 4.

Use tarragon vinegar instead of cider vinegar.

Use uncooked spinach or half spinach and half chicory.

### HOT POTATO SALAD

6 new potatoes  
6 slices uncooked bacon, diced  
1 small onion, minced  
1/4 cup vinegar  
3/4 teaspoon salt  
Dash pepper  
1/4 cup sour cream  
Watercress

Boil potatoes in their skins, peel and slice. Fry bacon until crisp; remove and brown onion in bacon fat. Add vinegar, salt, pepper and sour cream; add potatoes and bacon. Serve hot; garnish with watercress. Serves 6.

*Red tomatoes filled with a mixed vegetable salad appeal to both eye and appetite*

### HARVEST SALAD

1 cup cooked peas  
1 cup cooked green beans  
1 cup cooked sliced carrots  
1 cup uncooked cauliflowerets  
1 cup diced celery  
French Dressing  
6 large tomatoes  
1/2 teaspoon salt  
1 head lettuce  
Mayonnaise  
Parsley

Combine first 5 vegetables with French dressing; chill. Peel tomatoes, sprinkle with salt, invert and chill. Drain tomatoes and cut each into 5 sections, leaving whole at stem end. Place each on lettuce cup, fill with vegetables, and top each with mayonnaise and parsley. Serves 6.

### HOT CABBAGE SALAD

3/4 cup vinegar  
2 tablespoons butter  
1/2 teaspoon salt  
3 cups crisp shredded cabbage

Cook vinegar, butter and salt together for a few minutes. Cool and mix with cabbage. Serves 4 to 6.

Add 1 small onion, minced.

**KIDNEY BEAN SALAD**

3 cups canned kidney beans  
 1 cup chopped sweet pickle  
 5 hard-cooked eggs, sliced  
 $\frac{3}{4}$  cup diced celery  
 1 cup Mayonnaise, Lettuce

Drain beans; add pickle, eggs, and celery and toss together lightly. Add mayonnaise and blend. Chill thoroughly. Serve on shredded lettuce, garnish with egg wedges. Serves 8.

**LIMA BEAN SALAD**

3 cups cooked Lima beans  
 $\frac{1}{2}$  cup finely chopped sweet pickle  
 $\frac{1}{2}$  cup finely cut celery  
 $\frac{1}{2}$  cup chopped stuffed olives  
 $\frac{3}{4}$  cup Mayonnaise  
 $\frac{1}{2}$  teaspoon salt

Toss all ingredients together lightly. Chill for at least an hour before serving. Serve on chicory or romaine with additional dressing. Serves 8.

Drain and mix with other ingredients using Horse-radish Cream Dressing for Mayonnaise.

*Try a kidney bean salad for a rare combination of flavor, nourishment and economy*

**LETTUCE SALAD WITH ROQUEFORT DRESSING**

1 head lettuce  
 1 tablespoon chopped chives  
 1 tablespoon chopped parsley  
 Roquefort French Dressing

Remove outside leaves and core from lettuce; wash and drain. Cut lengthwise into quarters; arrange each on a salad plate; sprinkle with chives and parsley, and serve with dressing. Serves 4. Instead of Roquefort French Dressing use:

Avocado Dressing.  
 Cottage Cheese Dressing.  
 Frozen Tomato Mayonnaise.

**MACEDOINE LUNCHEON SALAD**

$\frac{1}{2}$  cup diced cooked carrots  
 $\frac{1}{2}$  cup diced cooked beets  
 $\frac{1}{2}$  cup cooked peas  
 Lettuce hearts  
 $\frac{1}{2}$  head cauliflower (uncooked)  
 broken into cauliflowerets  
 1 cup Roquefort Mayonnaise

Arrange carrots, beets and peas in groups on lettuce on salad plates; arrange cauliflowerets in center of each and serve with mayonnaise. Serves 6.

**MEXICAN SLAW WITH ROQUEFORT CHEESE**

1 small head cabbage, shredded  
 1 green pepper, chopped  
 1 pimiento, chopped  
 $\frac{1}{2}$  teaspoon salt  
 Dash cayenne  
 $\frac{3}{4}$  cup Roquefort French Dressing

Combine all ingredients and chill for  $\frac{1}{2}$  hour. Serves 8.

Use 3 small diced tomatoes instead of pimiento and green pepper; increase Roquefort dressing to 1 cup, or use 1 cup French Dressing.

Omit green pepper, pimiento and Roquefort dressing. Mix shredded cabbage with plain French dressing in amounts given above; add 3 tablespoons chili sauce and 2 tablespoons chopped watercress. Chill.

**MIXED GREENS AND GRAPEFRUIT SALAD BOWL**

2 cups shredded lettuce  
 2 cups shredded chicory  
 $1\frac{1}{2}$  cups diced grapefruit  
 $\frac{1}{2}$  cup Cottage Cheese French Dressing

Toss all ingredients together in salad bowl with dressing. Serve from bowl. Serves 6.

**PEANUT AND CARROT SALAD**

2 cups grated carrots  
 1 cup ground peanuts  
 1 tablespoon grated onion  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  cup Mayonnaise  
 Lettuce or chicory  
 1 tomato cut into thin wedges

Combine carrots, peanuts, onion, salt and mayonnaise. Mix lightly and serve on crisp lettuce. Garnish with tomato wedges. Serves 6.

## STUFFED ARTICHOKE SALAD

- 6 globe artichokes
- 2 cups dry bread crumbs
- 4 tablespoons grated Parmesan cheese
- 1 clove garlic, minced
- 1 tablespoon minced parsley
- 1/3 cup olive oil
- Lettuce or chicory
- Lemon French Dressing

Boil artichokes 15 minutes. Combine next 5 ingredients and fill petals with the paste. Place in uncovered baking pan, add salted water to a depth of 1 inch and bake in a hot oven (425°F.) for 1/2 hour. Serve hot on shredded lettuce or chicory with dressing in individual cups. Serves 6.

## SLICED TOMATO SALADS

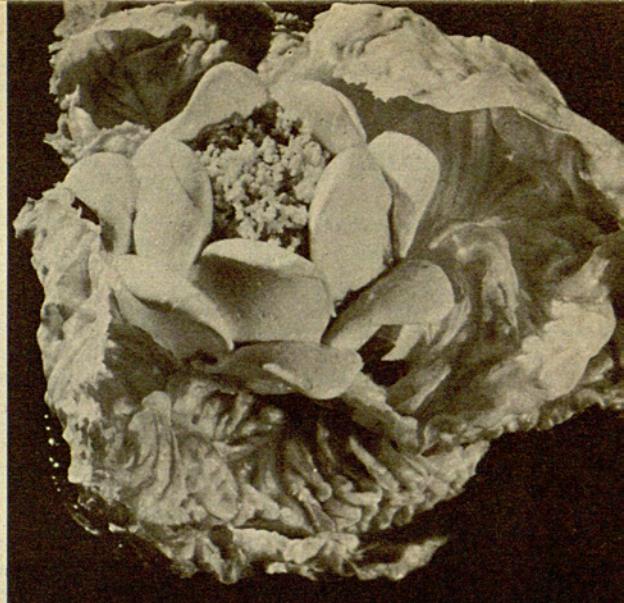
Arrange thick slice of peeled ripe tomato on watercress or shredded lettuce. Border with alternate overlapping slices of cucumbers and radishes. Sprinkle tomato with chopped green onion tops or chopped chives. Serve with French Dressing.

Arrange thick slice of peeled tomato on lettuce or chicory. Press an uncooked caulifloweret into center of tomato and border with marinated cooked green beans, cut into narrow strips. Serve with Roquefort French Dressing.

Use cooked green peas instead of beans in above recipe.

Arrange thick slice of peeled ripe tomato on romaine or escarole. Press a floweret of steamed broccoli into center of tomato and border with chopped hard-cooked eggs. Serve with French Dressing.

Arrange thick slice of peeled tomato on watercress. Cut pineapple into fine strips, combine



with chopped green and red peppers and sprinkle over tomato. Serve with Pineapple French Dressing.

Arrange thick slice of peeled ripe tomato on lettuce. Sprinkle with mixture of chopped watercress, parsley and tarragon. Serve with Tarragon French Dressing. Arrange thick slice of peeled ripe tomato on watercress. Moisten with White Wine Dressing and sprinkle with grated Roquefort or Parmesan cheese.

## TOMATO ROSE SALAD

- 8 firm tomatoes
- 12 ounces cream cheese
- 2 hard-cooked egg yolks
- Watercress
- French Dressing

Peel tomatoes and chill. Soften cheese with milk. Form 2 rows of petals on each tomato by pressing level teaspoons of softened cheese against the side of tomato, then drawing the spoon down, with a curving motion. Sprinkle center of each tomato with hard-cooked egg yolk pressed through a sieve. Serve on crisp watercress with French dressing. Serves 8.

*A tomato rose with its creamy petals and golden heart is as easy to make as it is to eat*

## STUFFED TOMATO SALADS

Remove skins from tomatoes, scoop out hollow at stem end of each, add 1/4 teaspoon salt, invert and chill. Drain. Serve on lettuce, watercress or other salad greens; stuff with any of the following fillings:

- Cottage or cream cheese, chopped cucumbers and chopped chives.
- Mexican Slaw.
- Cabbage salad.
- Chicken salad.
- Sea food salad; shrimp, lobster or crab meat.
- Mixed vegetable salad.
- Cubes of Jellied Ginger Ale Cottage Cheese Mayonnaise.
- Baked Bean Salad or Kidney Bean Salad.
- Potato salad.
- Egg salad.
- Fish salad: tuna, salmon, or smoked fish.
- Meat aspics, cubed.

## VEGETABLE SALAD COMBINATIONS

### Cooked Vegetables with French Dressing or Mayonnaise

Sliced beets, chopped hard-cooked eggs, grated horseradish. Sliced beets in border around marinated green beans.

Green pepper rings filled with cabbage slaw.

Diced asparagus, chopped tomatoes and pearl onions.

Asparagus tips, cauliflowerets, diced carrots.

Peas, chopped celery and cucumbers.

### Uncooked Vegetables with French Dressing

Grated carrots, chopped celery and chopped green pepper.

Grated carrots and chopped raisins.

Grated cabbage and carrots.

Cucumber slices topped with radish slices.

Grated cucumber and cabbage, chopped peanuts.

Tomato sections, cucumber slices, green pepper rings, chopped onions and anchovies.

*Arrange salad vegetables in groups sometimes instead of mixing them*

## WILTED LETTUCE BOWL

1 large head lettuce

1/2 cup minced green onion

1/2 teaspoon salt

Dash pepper

4 slices bacon, diced

1/4 cup vinegar

Shred lettuce coarsely into salad bowl, add onion, salt and pepper. Fry bacon crisp and drain on absorbent paper. Add vinegar to bacon fat and heat to boiling. Pour over lettuce, tossing salad well. Sprinkle top with crisp bacon. Serves 4.

Use dandelion greens or beet greens instead of lettuce.

## APPETIZER SALAD

1 1/2 cups thin slices carrots

1 small cucumber

Watercress

1 hard-cooked egg, sliced

Pearl Onion French Dressing

Place carrot slices in ice water for 1 hour until crisp. Score the pared cucumber lengthwise with a fork, cut into thin slices and chill. Arrange carrot and cucumber slices on watercress, place a ring of egg white in center of each salad and sprinkle with sieved yolk. Serve with dressing. Serves 6.

## TOMATO CAULIFLOWER SALAD

3 tomatoes, peeled and chilled

1/2 head cauliflower, Watercress

Roquefort French Dressing

Cut each tomato crosswise into halves. Soak cauliflower in cold salted water for 45 minutes. Separate into small flowerets. Arrange 1 tomato half on watercress on each plate; top with cauliflowerets and serve with dressing. Serves 6.

## VEGETABLE SALAD

1/2 cup chopped ripe olives

1/2 cup cubed cooked carrots

1 cup diced celery

1 cup cooked peas

1 small mild onion, grated

French Dressing

Salt and pepper

Mayonnaise

Chill first 5 ingredients and toss together lightly, adding enough French dressing to coat them thoroughly. Chill 1/2 hour, season to taste with salt and pepper and serve in lettuce cups. Garnish with mayonnaise. Serves 6.

## VEGETABLE LUNCHEON SALAD

1/2 head cauliflower, uncooked

1/2 cup diced cooked beets

1/2 cup cooked peas

1/2 cup diced cooked carrots

French Dressing

1 head lettuce

Cottage Cheese Mayonnaise

Soak cauliflower in cold salted water for 45 minutes. Marinate cooked vegetables separately in French dressing. Drain cauliflower; divide into flowerets and arrange on lettuce in center of each salad plate. Arrange beets, peas and carrots in groups around cauliflower. Serve with mayonnaise. Serves 6.



# MOLDED SALADS

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## BLACK CHERRY SALAD

2 cups cherry juice and water  
1 package cherry gelatin  
2 cups cooked black cherries,  
drained  
1 cup chopped blanched almonds  
8 stuffed olives, chopped

Heat cherry juice and water, add gelatin, and stir until dissolved. Chill until it begins to thicken, add remaining ingredients, except lettuce, pour into a mold, and chill until firm. Unmold and serve in lettuce cups with salad dressing. Serves 8.

## CHICKEN ORANGE SALAD

3 tablespoons unflavored gelatin  
½ cup cold orange juice  
2 cups hot orange juice  
Orange sections  
2 tablespoons cold water  
¾ cup boiling chicken stock  
1 teaspoon salt  
½ teaspoon white pepper  
1 pimiento, chopped  
¼ teaspoon onion juice  
3 cups diced cooked chicken  
¾ cup heavy cream, whipped  
Lettuce, Mayonnaise

Soften 1½ tablespoons gelatin in cold orange juice for 5 minutes; dissolve in hot orange juice and strain. Cool. Decorate a large mold, ring mold or individual molds, with orange sections and cover with half of the slightly thickened gelatin. Chill until firm. Soften remaining gelatin in cold water for 5 minutes, dissolve in boiling chicken stock and cool until it begins to thicken. Add salt, pepper, pimiento, onion juice and chicken. Fold in whipped cream and pour over orange gelatin. Chill; when firm, add remaining orange gelatin. Chill. Unmold on lettuce and serve with mayonnaise. Serves 12.

## CRANBERRY RING SALAD

2 cups cranberries  
1½ cups cold water  
1 cup sugar  
1 tablespoon unflavored gelatin  
½ cup chopped nuts  
¾ cup diced celery  
Lettuce  
Mayonnaise

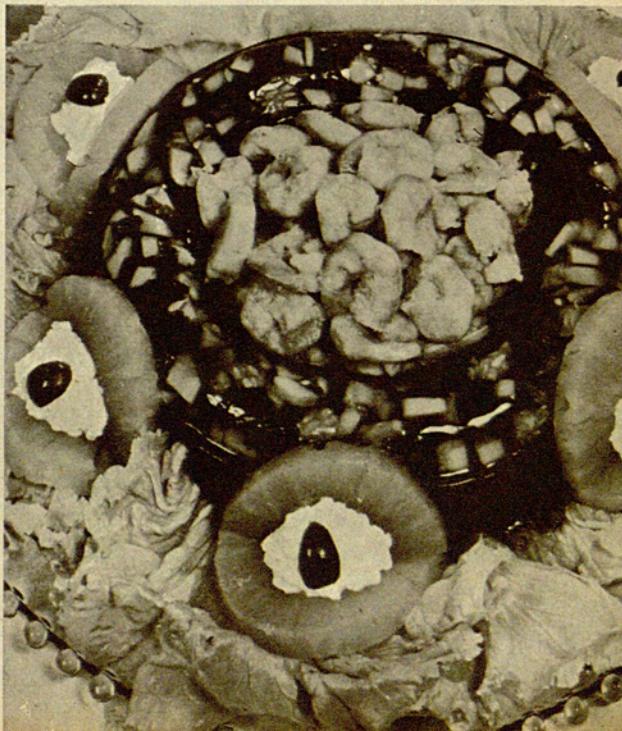
Wash cranberries, add 1 cup cold water. Cook until tender. Add sugar and cook for 5 minutes. Soften gelatin in ½ cup cold water, dissolve in hot cranberries and add salt. Chill until mixture begins to thicken. Add nuts and celery. Mix thoroughly. Pour into oiled ring mold. Chill until firm. Unmold and place on large salad plate. Place light lettuce around salad, arrange shrimp in center or serve on a bed of chicory on individual plates and garnish with mayonnaise. Serves 8.

## CRANBERRY ORANGE MOLDS

2 cups uncooked cranberries  
2 small oranges  
1 cup sugar  
1 package lemon gelatin  
1 cup boiling water  
Lettuce  
Whipped Cream Mayonnaise

Wash cranberries; dry, and peel oranges. Put cranberries and 1 orange peel through food chopper; dice orange pulp and add with the sugar. Dissolve gelatin in boiling water and cool. Combine with cranberry orange mixture, pour into oiled molds and chill until firm. Unmold on lettuce and serve with mayonnaise. Makes 6 large servings.

*The brilliant color of cranberry ring filled with shrimp and garnished with pine-apple slices and cream cheese makes a real picture*



## CHICORY CROWN SALAD

3 (3 ounce) packages cream cheese  
 ½ teaspoon salt  
 2 cups drained grated cucumber  
 1 cup Mayonnaise  
 ¼ cup minced onion  
 ¼ cup minced parsley  
 1 cut clove garlic  
 1 tablespoon unflavored gelatin  
 ¼ cup cold water  
 1 head chicory  
 2 hard-cooked egg yolks, sieved

Mix first 6 ingredients in a bowl that has been rubbed with garlic. Soften gelatin in cold water and dissolve over hot water. Cool to lukewarm and combine with cheese mixture. Beat thoroughly and pack into a deep spring-form pan. Select chicory sprays of even height with perfect leaves. Stick whole sprays into the edge of the mixture close enough together to form a complete crown of green. Chill until mixture is firm. Remove from mold onto a bed of chicory and sprinkle sieved egg yolks over top. Garnish with radish roses. Serves 8.

*This molded chicory crown will add new laurels to your reputation as a hostess*

## CHICKEN IN ASPIC

5-pound stewing chicken  
 1 carrot, 1 bay leaf  
 1 tablespoon salt  
 4 tablespoons unflavored gelatin  
 ½ cup cold water  
 6 cups chicken stock  
 ½ tablespoon brandy  
 2 cups strained canned peas

Clean chicken thoroughly. Cover with boiling water, add carrot, bay leaf and salt. Cook until tender, 2 to 3 hours, depending on the age of chicken. Remove chicken, strain broth, and measure 6 cups. Soften gelatin in cold water 5 minutes, add to hot broth and stir until dissolved. Cool and add brandy. Free chicken from skin and bones and cut into slices. Pour a thin layer of aspic in the bottom of a ring mold or in individual molds. When firm arrange chicken slices and peas in layers on aspic. Fill mold with remaining aspic. Chill until firm. Unmold and fill center with mayonnaise. Serves 12 to 14.

Omit brandy. Chop 4 hard-cooked eggs and use as layer in mold, having a layer of chicken and peas below and above eggs.

## CHICKEN AND OLIVE LOAF

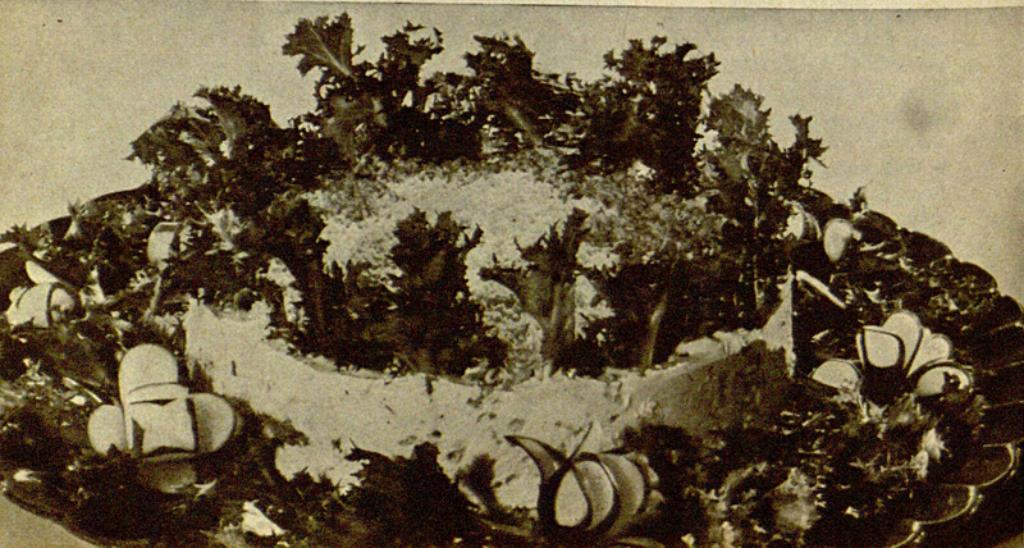
2 tablespoons unflavored gelatin  
 ½ cup cold water  
 3 cups chicken stock  
 ½ teaspoon salt  
 1 tablespoon lemon juice  
 ½ cup sliced stuffed olives  
 ½ cup shredded almonds  
 1 cup diced celery  
 2 cups diced cooked chicken

Soften gelatin in cold water 5 minutes and dissolve in hot stock. Add salt and lemon juice. Chill until it begins to thicken. Fold in olives, almonds, celery and chicken. Turn into loaf pan and chill until firm. Unmold, for 6.

## HAM ASPIC SALAD

1½ tablespoons unflavored gelatin  
 ½ cup cold water  
 3 cups tomato juice, Dash salt  
 1 teaspoon sugar, ½ bay leaf  
 1 tablespoon chopped onion  
 3 cups minced baked ham

Soften gelatin in cold water for 5 minutes. Heat tomato juice, add salt, sugar, bay leaf and onion and simmer 10 minutes. Strain, add gelatin, stir and cool. Add ham, mold and chill. When firm unmold. Serves 6 to 8.





HAVE YOUR GUESTS SELECT THEIR  
OWN SALADS FROM A SALAD BAR







SERVE CANTALOUE BASKETS  
ILLED WITH FRESH FRUIT

## JELLIED SALMON MOLD

1 cucumber  
 Small bottle stuffed olives  
 1 package aspic gelatin  
 1 cup boiling water  
 $\frac{1}{3}$  cup lemon juice  
 $\frac{1}{2}$  cup cold water  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{3}{4}$  cup Mayonnaise  
 $\frac{1}{2}$  cups cooked red salmon  
 1 cup diced celery  
 $\frac{1}{4}$  cup diced green pepper  
 $\frac{1}{2}$  tablespoon minced onion

Pare cucumber, scoop out center, and fill with olives. Dissolve aspic in boiling water. Add lemon juice, cold water and salt. Chill until it begins to thicken. Beat in mayonnaise gradually. Pour layer of aspic mixture into oiled loaf pan or mold. When firm arrange a layer of salmon, celery, green pepper and onion, and place stuffed cucumber in center. Cover with another layer of the aspic mixture, a layer of salmon, celery, green pepper and onion, repeating until cucumber is covered. Chill until firm. Serve on crisp lettuce. Garnish with parsley, lemon sections, cucumber slices and radish roses. For 8.

## JELLIED SHRIMP SALAD

1 tablespoon unflavored gelatin  
 $\frac{1}{4}$  cup cold water  
 $\frac{1}{2}$  cups tomato juice  
 2 tablespoons vinegar  
 2 tablespoons lemon juice  
 Dash salt  
 1 cup shrimp, halved lengthwise  
 $\frac{1}{2}$  cup diced celery  
 1 bunch watercress  
**Cucumber Dressing**

Soften gelatin in cold water and dissolve over hot water. Add tomato juice, vinegar, lemon juice and salt and chill; when beginning to thicken add shrimp and celery. Pour into oiled ring mold, chill; unmold and serve on watercress. Fill center with dressing. Serves 8.

Use  $\frac{1}{2}$  cup cooked peas instead of diced celery. Pour mixture into green pepper cups instead of ring mold. Serve dressing in center of ring mold on lettuce cups. Dice shrimp and use individual molds. Mold in cucumber boats. Use cucumber instead of celery and Anchovy Mayonnaise instead of Cucumber Dressing.

## SPARKLING FRUIT MOLD

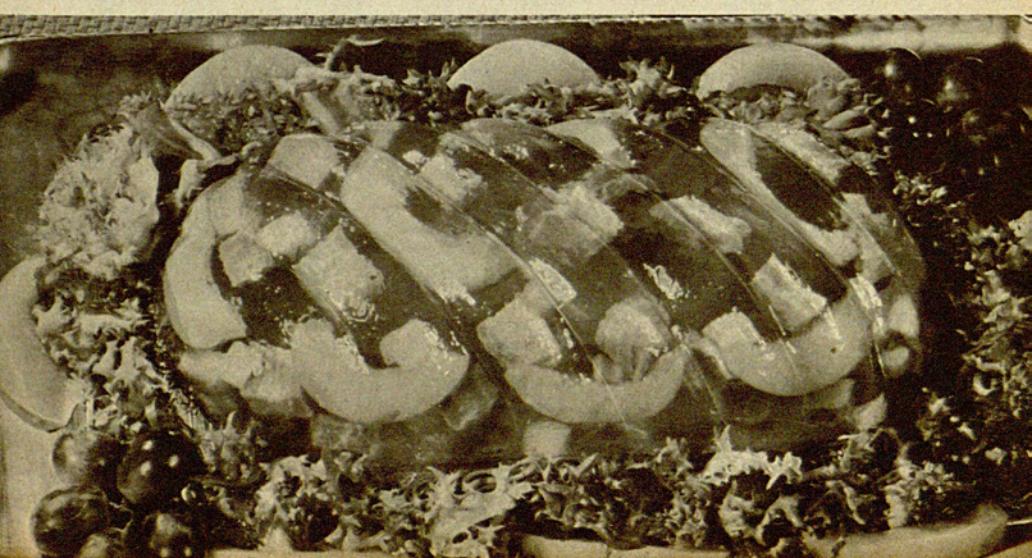
1 package lime gelatin  
 2 cups boiling water  
 1 orange  
 1 cup canned pineapple cubes  
 1 cup sliced peaches  
 Chicory  
 2 small clusters grapes

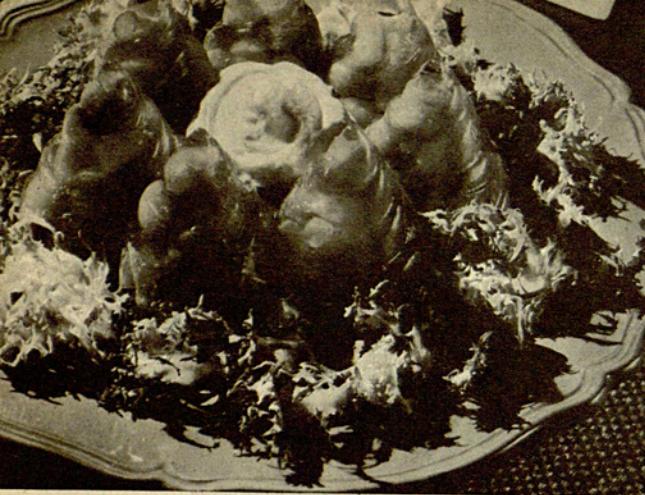
Dissolve gelatin in boiling water and chill until it begins to set. Pare orange, leaving none of the white skin. Cube. Add orange and drained pineapple and peaches to gelatin, reserving a few peach slices for garnishing. Pour into a mold and chill until firm. Unmold on bed of chicory and garnish with peach slices and grapes. Serves 8.

Use only 1 cup boiling water, cool mixture and add 1 cup ginger ale. Use lemon or orange gelatin.

Use sliced apricots and seedless grapes instead of orange and peaches.

*A shimmering mold of jellied fruit salad will tempt the most languid summer appetite*





*Mold jellied salads in perky shapes for individual service instead of using large molds. When arranged on a bed of chicory with mayonnaise piled in the center, they'll keep the family coming back for more*

*A mirror tray is an ideal background to enhance the transparent delicacy of individual molded salads. A garnish of fresh green leaves and ripe whole berries adds the final touch of beauty*

### MOLDED CUCUMBER SALAD

1 cucumber, pared and diced  
 ½ teaspoon salt  
 ½ sweet pimiento, diced  
 ½ teaspoon lemon juice  
 2 teaspoons unflavored gelatin  
 ½ cup cold water  
 1 cup cream, whipped

Combine cucumber, salt, pimiento and lemon juice. Soak gelatin in cold water 5 minutes; dissolve over hot water and mix thorough-

ly with whipped cream. Add cucumber mixture and pour into molds. Chill. Serves 4.

### INDIVIDUAL CHICKEN SALAD IN ASPIC

6 slices tomato (½ inch thick)  
 Salt, Pepper, Vinegar  
 1 tablespoon unflavored gelatin  
 ¼ cup cold water  
 1½ cups seasoned chicken stock  
 3 tablespoons Mayonnaise  
 2 tablespoons chopped green pepper  
 ½ cup slivered blanched almonds  
 2 tablespoons diced celery  
 1½ cups chopped cooked chicken

Marinate tomatoes in seasoned vinegar. Chill. Soften gelatin in cold water for 5 minutes. Heat chicken stock to boiling. Add gelatin and stir until dissolved. Cool. When syrupy in consistency add remaining ingredients and place in individual molds. Chill until firm. Unmold each portion onto a slice of tomato and serve with lettuce hearts and mayonnaise. Serves 6.



## TOMATO AND CHEESE CROWN

### Red Mold

2 tablespoons unflavored gelatin  
 ½ cup cold water  
 2 cups canned tomatoes  
 ½ teaspoon salt  
 1/16 teaspoon pepper  
 1 bay leaf  
 1 stalk celery, chopped  
 1 tablespoon vinegar  
 1 teaspoon onion juice

Soften gelatin in cold water for 5 minutes. Heat tomatoes, add seasonings, bay leaf and celery and cook 10 minutes. Strain and add gelatin, vinegar and onion juice and stir until gelatin is dissolved. Pour into a fluted mold and chill until firm.

### White Mold

1½ tablespoons unflavored gelatin  
 ¼ cup cold water  
 2 cups cottage cheese, sieved  
 ¾ teaspoon salt  
 ½ teaspoon paprika  
 ½ cup rich milk

Soften gelatin in cold water for 5 minutes. Combine cheese, salt, paprika and milk. Add gelatin dissolved over hot water; blend thoroughly. Pour into fluted mold the same size as used for tomato and cheese and cut each mold in the same number of wedges. Arrange as 1 mold, alternating red and white. Serves 8.

Garnish with mayonnaise.

## MOLDED CHEESE SALAD

1 package lemon gelatin  
 2 cups boiling water  
 ½ cup heavy cream, whipped  
 1 cup chopped nuts  
 1 cup grated American cheese  
 1 cup canned crushed pineapple  
 ½ cup sliced stuffed olives  
 Cooked Salad Dressing

Dissolve gelatin in boiling water and chill until it begins to thicken. Whip until fluffy and fold in next 5 ingredients. Pour into a ring mold and chill until firm. Fill center with dressing. Serves 8.

## TUNA SALAD IN VEGETABLE RING

2 tablespoons unflavored gelatin  
 ¼ cup cold water  
 ¾ cup vegetable stock  
 1 cup tomato juice  
 ¼ cup vinegar  
 1 small onion, chopped  
 ½ teaspoon salt  
 1 (7-ounce) can tuna  
 1 cup chopped celery  
 Mayonnaise, Lettuce hearts

Soften gelatin in cold water. Combine vegetable stock, tomato juice, vinegar, onion and seasoning; heat to boiling and simmer 3 minutes. Strain, pour over gelatin and stir until gelatin is dissolved. Pour into oiled ring mold and chill until firm. Combine tuna, celery and mayonnaise to moisten. Unmold aspic on lettuce, fill center with tuna salad, and garnish with stuffed and ripe olives. Serves 6.

## FRUIT AND COTTAGE CHEESE MOLD

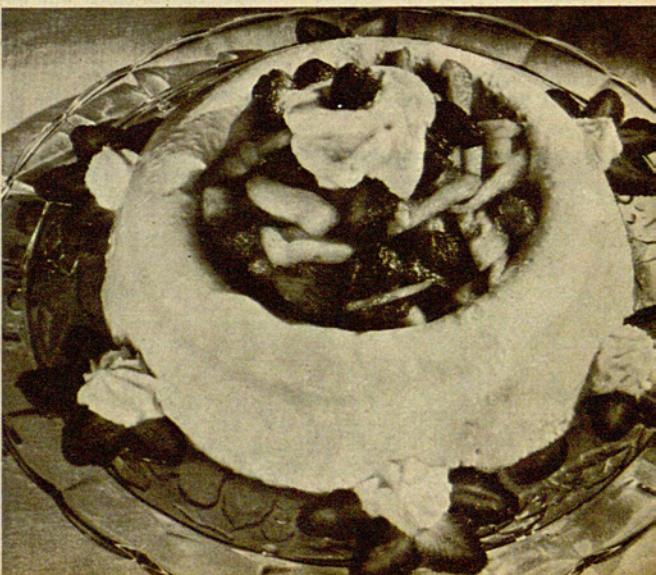
2 teaspoons unflavored gelatin  
 3 tablespoons canned pineapple juice  
 2½ cups cottage cheese  
 Lettuce or other greens  
 Sliced pineapple  
 Strawberries  
 Lemon French Dressing

Soften gelatin in pineapple juice and dissolve over hot water. Stir into cottage cheese, pour into 1 large or 6 individual oiled molds and chill until firm. Unmold on lettuce or other greens and garnish with sliced pineapple and halved strawberries. Serve with the French dressing. Serves 6.

Pour cottage cheese into ring mold and fill center with fruit. Garnish with sliced strawberries.

Mold cheese in ring mold and fill center with orange segments and pitted black cherries. Garnish with half slices of pineapple and cube of lime jelly.

*Vary the fruit with the season so your family can enjoy this cottage cheese ring the year 'round*



## SALAD PLATES

### CHICKEN SALAD LUNCHEON PLATE

Arrange shredded lettuce on luncheon plate. In center place a mound of chicken salad. At equal distances place 3 large peeled grapefruit segments. On 1 side of each grapefruit segment place an avocado crescent (dipped in lemon juice) and on other side a wedge of peeled tomato. Place 3 half-slices pineapple between the 3 tomato-grapefruit-avocado groups. Serve with French Dressing.

Use a sea food salad instead of chicken.

### SUMMER SALAD PLATE

Chicory  
4 slices pineapple  
1 cup raspberries  
4 bananas

Place a few pieces of chicory in the center of a plate with a slice of pineapple on one side and a mound of raspberries on the other. Arrange rows of sliced bananas on the other two sides. Serves 4.

Use other berries instead of raspberries.

Use a circle of orange segments instead of pineapple.

*Always include a bright colored fruit in your salad plate*



### CRAB LOUIS

¾ head lettuce, shredded  
2 cups flaked crab meat  
2 hard-cooked eggs, sliced  
2 small tomatoes, sliced  
1 small cucumber, sliced  
Watercress  
Appetizer Mayonnaise

Arrange lettuce on 4 salad plates, with mound of crab meat in center of each. Arrange overlapping slices of egg, tomato and cucumber to form a border and garnish with watercress. Serve with mayonnaise. Serves 4.

### COMBINATION FRUIT PLATE

1 ripe banana, sliced  
4 thin wedges of red apple (unpeeled)  
4 half-slices peeled orange  
Watercress  
5 red raspberries  
Cottage Cheese Mayonnaise

Arrange 3 rows of fruit, side by side, on a salad plate, using sliced banana for 2 outside rows. For 1 end of center row overlap the apple wedges, with red skin toward outside. Arrange orange slices at other end of row, overlapping, with curved sides toward outside. Garnish center with watercress and berries. Serve with the mayonnaise. Serves 1.

Instead of orange slices, use sections cut from pared orange.

### FAN SALAD WITH COLD MEATS

4 slices baked ham  
4 slices liverwurst  
3 cups potato salad  
Endive  
Watercress

Arrange slices of ham and liverwurst in center of platter. On each slice heap mounds of potato salad, arrange endive in upright semicircle around each mound and garnish with watercress. Serves 4.

### FRUIT PLATE

Center plate with lettuce cup filled with grapefruit segments and purple grapes. At back on watercress place mound of avocado balls, between 2 finger sandwiches. At front arrange semicircle of orange slices, with groups of orange segments at each end, topped with walnut cheese bonbons (balls of cream cheese placed between walnut halves). Serve with any desired dressing.

### HAWAIIAN FRUIT PLATE

Grape leaves  
4 oranges  
2 cups pineapple cubes  
1 cup melon cubes  
4 maraschino cherries  
Lime French Dressing

On each salad plate arrange 4 grape or geranium leaves or salad greens. Arrange 6 orange slices in groups of 3 separated by a double row of pineapple cubes. Garnish with melon cubes topped with cherry rings and serve with dressing. Serves 4.

Omit oranges and serve the melon balls on whole rings of pineapple.

## SALAD PLATES

### LOBSTER SALAD

2 cups lobster meat, fresh boiled or canned

1 cup French Dressing

1 cup diced celery

1/2 teaspoon salt

Dash pepper

1/2 cup Mayonnaise

Salad greens

Break lobster meat into pieces (not too small). Marinate in French dressing for 1 hour, drain and add celery, salt, pepper and mayonnaise. Mix lightly and serve on salad greens. Garnish with lobster claws, wedges of hard-cooked eggs and capers. Serves 6.

Use Coral Mayonnaise instead of mayonnaise and add 1 tablespoon minced pimiento.

Omit celery and add 1 cup diced cucumbers.

### SALAD LUNCHEON PLATES

Potato salad in green pepper cups; slices of ham, tongue or summer sausage; marinated cucumber slices; yellow plum-to-mato.

Eggs stuffed with deviled ham; potato chips; marinated green beans; ripe olives.

Half avocado filled with Frozen Tomato Mayonnaise; slices of cold breast of chicken; marinated asparagus.

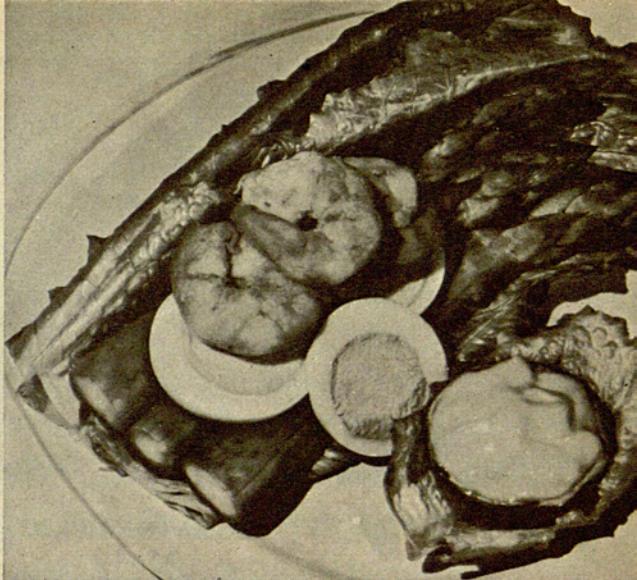
Slice of cold baked salmon with Cucumber Dressing; marinated mixed vegetables; hard-cooked egg slices; celery curls.

Sardines with lemon slice; tomato slices topped with cottage cheese and chives; toasted crackers.

Tomato stuffed with sea food salad; marinated cold peas; wedges of hard-cooked eggs.

Marinated jumbo shrimp; individual jellied cucumber mold with Mayonnaise; hearts of celery; Melba toast.

Cucumber Boats with Tuna Salad;



potato chips; slices hard-cooked egg on tomato slices.

Round slice of frozen cream cheese salad on tomato slice; border of overlapping cucumber slices; brown bread finger sandwiches.

Alternate grapefruit segments, avocado slices and persimmon sections; fluted banana slices; oxheart cherries stuffed with cream cheese; nut bread.

Fresh pineapple slice; banana half with red raspberries; tangerine flower stuffed with cottage cheese; toasted crackers.

Cottage cheese; alternate slices of avocado and grapefruit segments; peeled fresh figs; strawberries.

Slice of pared honeydew melon; fresh pineapple spears; cream cheese balls rolled in chopped nuts; border of watermelon and honeydew melon balls.

Split banana sprinkled with lemon juice; orange and grapefruit segments; 3 prunes stuffed with cream cheese; peanut butter-finger sandwiches.

Sliced smoked sturgeon or white-fish with White Wine French Dressing; pickled beets and potato salad.

*Romaine provides a stately background for the giant asparagus tips, shrimp and egg*

### ROMAINE AND SHRIMP SALAD

12 stalks cooked asparagus

12 slices hard-cooked egg

12 large cooked shrimp

4 long, 4 short leaves romaine

4 green pepper rings

Mayonnaise

Arrange 3 large stalks asparagus, topped with 3 slices of egg and 3 shrimp on each long romaine leaf. Beside it, on the shorter leaf place a pepper ring filled with mayonnaise. Serves 4.

### SPANISH BEEF SALAD

6 slices cold roast beef

Tomato French Dressing

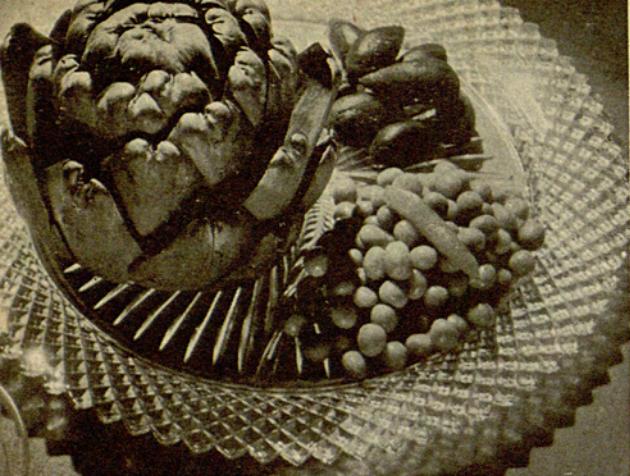
1 head lettuce, shredded

6 thick slices tomato

6 onion slices

6 green pepper rings

Cut roast beef into long narrow strips. Marinate in dressing for 1 hour. Toss in salad bowl with lettuce and additional dressing. Border bowl with alternate slices of tomato, onion and green pepper. Serves 6.



*The artichoke is the queen of the luncheon vegetable plate*

### ARTICHOKE VEGETABLE PLATE

- 4 artichokes
- 1 cup cooked peas
- French Dressing
- Radishes
- Mayonnaise

Cook artichokes until tender; chill. Mix peas with French dressing; chill. Serve artichoke on plate with a mound of peas and a few radishes. Serve a small bowl of mayonnaise with each plate. Serves 4.

### MOLDED CHICKEN

- 1 tablespoon unflavored gelatin
- 3 tablespoons cold water
- ¾ cup chicken stock, boiling
- ¾ cup Mayonnaise
- 1½ cups diced cooked chicken

Soften gelatin in cold water for 5 minutes and dissolve in chicken stock. Cool until syrupy in consistency, then beat until frothy and light. Fold in mayonnaise and chicken. Add more seasonings, if desired. Pour into ring mold or individual molds and chill until firm. Unmold on crisp cold lettuce, garnish with additional mayonnaise, strips of pimiento and tomato wedges. Serves 6.

### TOMATO CHEESE SALAD

- 1½ cups hot condensed tomato soup
- ½ cup cream cheese
- 1 tablespoon butter
- ¼ teaspoon salt
- 1 tablespoon onion juice
- 1 tablespoon unflavored gelatin
- ¼ cup cold water
- ½ cup Mayonnaise
- ½ cup heavy cream or evaporated milk
- ½ cup stuffed olives, chopped

Heat soup, cheese, butter, salt, and onion juice until cheese has softened. Soften gelatin in cold water and dissolve in hot mixture. Cool until mixture starts to thicken; whip cream and add with mayonnaise and stuffed olives. Turn into mold and chill. When firm, unmold on lettuce and garnish with sliced olives. Serve with mayonnaise sprinkled with paprika. Serves 8.

Use 1 cup grated American cheese, 1 green pepper, chopped, 1 cup diced celery, and 3 tablespoons lemon juice instead of the cream cheese, stuffed olives and cream or evaporated milk.

**TOMATO MOLDS**—Omit cheese, mayonnaise, cream and olives. Use tomato juice instead of soup. Cool. Fold in 1 cup each chopped celery and sweet pickle relish. Season with celery salt and Worcestershire sauce. Chill.

### SUNDAY NIGHT COLD MEAT PLATTER

- 2 cups cottage cheese
- 12 split celery stalks, curled at one end
- 6 tomatoes stuffed with coleslaw
- 18 thin half-slices cucumber
- 6 slices cold cooked chicken
- 12 slices cold spiced tongue
- 6 deviled egg halves
- Watercress

Arrange on large glass chop plate as follows:

In center, pile cottage cheese in a mound. Around this stand celery stalks upright in circle, with curled ends on top. Arrange border of stuffed tomatoes alternating with groups of cucumber half-slices. For outer border arrange 6 groups of 3 meat slices alternating with deviled egg halves. Garnish with watercress. Serves 6.

Use cold baked ham and cold roast beef or lamb instead of chicken and tongue.

Use summer sausage and liver sausage instead of chicken and tongue.

Use slices of cold baked salmon instead of cold meats and tomatoes stuffed with Cucumber Dressing instead of coleslaw.

Use coleslaw instead of cottage cheese in center. Stuff tomatoes with cottage cheese instead of coleslaw.

### WESTERN TREASURE PLATE

Place a lettuce cup filled with fresh pineapple spears at the back of a luncheon plate. Across the front, arrange an apricot half filled with seedless grapes on one side, 3 peach slices in center, and on the other side a half pear filled with cottage cheese and topped with a walnut meat. Serve with Whipped Cream Dressing.

**AVOCADO FILLED  
WITH SALMON**

2 avocados  
Lemon juice, Salt  
1 cup diced celery  
1 cup flaked salmon  
1/2 cup Appetizer Mayonnaise

Cut avocados lengthwise into halves, remove seeds and sprinkle cut portion with lemon juice and salt. Combine celery and salmon with mayonnaise to moisten. Fill centers of avocados. Serves 4. Use 1 cup crab meat, lobster, shrimp or oysters instead of salmon.

**CALIFORNIA  
CHICKEN SALAD**

3 tablespoons lemon juice  
1 cup diced cooked chicken  
1/2 cup finely diced apple  
1/2 cup chopped ripe olives  
1/2 cup diced celery  
2 tablespoons Mayonnaise thinned with  
2 tablespoons cream, sweet or sour

Sprinkle lemon juice over chicken and apple, mixing lightly. Combine remaining ingredients, using only enough mayonnaise to moisten. Add chicken and apple and toss together lightly. Serve cold with mayonnaise. Serves 4.

**CRAB-FLAKE SALAD**

2 cups crab flakes, canned or fresh cooked  
2 tablespoons lemon juice  
2 teaspoons grated onion  
1 cup sliced cucumbers  
1 cup Mayonnaise  
1/4 teaspoon salt  
Salad greens

Combine all ingredients. Serve in a bowl garnished with salad greens or in lettuce cups as individual servings. Serves 4. Omit cucumbers and add 2 tablespoons chopped green pepper. Use celery instead of cucumbers.

**CHICKEN AND FRUIT  
SALAD**

1 orange  
15 large grapes  
15 salted almonds  
1 banana  
1 apple, diced  
3 cups diced cooked white meat of chicken  
1 cup Mayonnaise

Remove seeds and membrane from orange sections and cut in half. Cut grapes in 1/2, removing seeds. Split almonds. Slice banana. Mix all ingredients lightly, but thoroughly. Serve chilled on lettuce leaf. Serves 8.

**CHICKEN AND  
SWEETBREAD SALAD**

4 cups diced cooked chicken  
2 cups diced cooked sweetbreads  
2 cups chopped celery  
1 teaspoon salt  
1 1/2 cups Mayonnaise  
or salad dressing  
Lettuce

Combine first 4 ingredients. Add mayonnaise and toss together lightly. Serve in lettuce cups on large platter. Serves 8.

Add 1/2 cup chopped nut meats and whites of 3 hard-cooked eggs, chopped. Rice yolks and use as a garnish.

**CAMBRISSON SALAD**

1 cup diced cooked beef  
2 hard-cooked eggs, sliced  
2 tomatoes, quartered  
4 anchovies, diced  
1 small head lettuce  
French Dressing

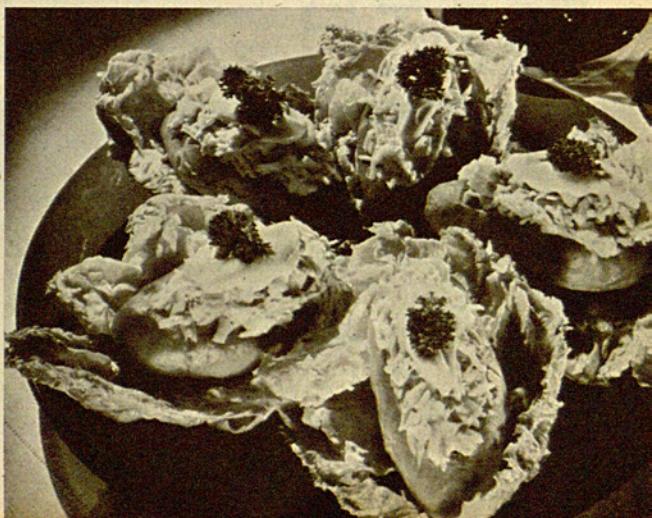
Combine beef, eggs, tomatoes, and anchovies. Serve on lettuce with dressing. Serves 6.

**CELERY STUFFED  
WITH SHRIMP**

1 cup cooked shrimp  
2 cups grapefruit segments, chilled  
3 ounces cream cheese  
2 tablespoons Mayonnaise  
1/4 teaspoon salt  
6 pieces crisp celery, Lettuce  
French Dressing

Clean shrimp; cut into small pieces. Drain grapefruit. Mash cheese, add mayonnaise and salt and cream together. Add shrimp and mix well. Pack grooves of celery with mixture; cut into 3/4-inch slices. Arrange on lettuce with grapefruit segments. Sprinkle with French dressing, for 6.

*Serve crab-flake salad in crisp finger rolls, cucumber boats or pepper cases*



### CHICKEN AND HAM SALAD WITH MUSTARD DRESSING

1½ cups diced cooked chicken  
1½ cups diced cooked ham  
½ teaspoon minced onion  
¼ cup French Dressing  
6 tomatoes of uniform size  
Salt  
1 cup Mayonnaise or salad dressing  
2 tablespoons prepared mustard  
Lettuce

Combine chicken, ham and onion and marinate for 1 hour in French dressing. Drain. Peel tomatoes; salt, invert and chill. Combine mayonnaise with mustard, add to chicken mixture and toss together lightly until thoroughly mixed. Cut each tomato into sixths, cutting to within ½ inch from bottom. Place on lettuce, fill center with chicken salad, garnish with sprig of parsley and dash of paprika. Serves 6.

Instead of cutting tomatoes into petals, leave them whole and scoop out centers.

Serve the salad on thin slices of tomato arranged in a circle with slices overlapping.

Use slices of egg and slices of tomato for the circle.

**Chicory and sliced hard-cooked eggs are a fitting garnish for any chicken, fish or ham salad**



### CHICKEN SALAD, HAWAII

1¼ cups diced cooked chicken  
½ cup diced celery  
¾ cup diced apples  
1½ tablespoons capers  
Mayonnaise to moisten  
1 head lettuce  
10 small or 5 large pineapple slices  
15 carrot sticks, 3 inches long  
2 or 3 medium tomatoes  
10 olives

Combine chicken, celery, apple and capers. Moisten with mayonnaise. For each serving, arrange a mound of mixture in center of crisp lettuce. Top each with 2 small pineapple slices with carrot sticks inserted through centers or place mound of salad on 1 large pineapple slice. Garnish with tomatoes cut into eighths, olives, and mayonnaise. Serves 5.

### FISH AND VEGETABLE SALAD

2 cups flaked cooked fish  
1 cup Mayonnaise  
1 cup diced celery  
1 tablespoon chopped pickle  
1 cup cooked peas  
Lettuce  
1 cup sliced cooked beets  
2 hard-cooked eggs, sliced

Combine first 5 ingredients lightly. Pile on lettuce leaves and garnish with alternate slices of beets and eggs. Serves 6.

### HONGKONG CHICKEN SALAD

3 cups diced cooked chicken  
1 cup drained canned bean sprouts  
2 stalks celery, diced  
½ teaspoon salt  
Dash pepper  
French dressing  
¾ cup Mayonnaise  
Soy sauce, Lettuce

Combine chicken, bean sprouts, celery, salt and pepper. Moisten with French dressing and chill. Flavor mayonnaise with soy sauce and add enough to chicken to hold ingredients together. Pile into cups of crisp cold lettuce leaves and garnish with olives. Serves 6 to 8.

### HAM AND SWEET POTATO SALAD

3 cups diced cooked sweet potatoes  
1 cup chopped celery  
1 small red chili pepper, minced  
1 cup cubed cooked ham  
¼ cup French Dressing  
Lettuce or watercress  
Mayonnaise

Marinate sweet potatoes, celery, chili pepper and ham in French dressing 30 minutes. Serve on lettuce or watercress and garnish with mayonnaise. Deviled eggs may be used as additional garnish if desired. Serves 6.

### HAM AND APPLE SALAD

1½ cups diced ham  
1½ cups diced apple  
½ cup chopped celery  
1 head lettuce or romaine, shredded  
Mustard French Dressing

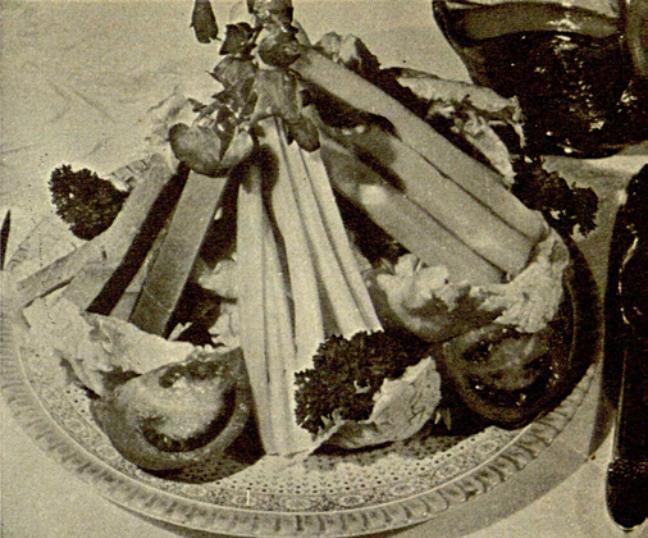
Combine all ingredients, adding enough dressing to coat ingredients, and toss together in salad bowl. Serves 6.

Use Pineapple Cream Dressing instead of French Dressing.

## PYRAMID SALAD

- 30 celery sticks
- 30 Swiss cheese sticks
- 30 ham sticks
- Lettuce
- Watercress
- Parsley
- 18 tomato sections
- Mustard French Dressing

Arrange sticks on lettuce pyramid fashion. Garnish with watercress, parsley, and tomato sections. Serve with dressing. Serves 6.



## HERRING SALAD

- 2 cups shredded herring
- 2 cups diced cooked potatoes
- 1 small onion, minced
- French Dressing
- Mayonnaise

Scald boneless salt herring and let stand in water for several hours. Drain and chill. Flake fish and add to potatoes and onion. Marinate in French dressing for 1 hour. Serve with mayonnaise on lettuce. Serves 8.

## DUTCH HERRING SALAD

- 3 salt herring
- 2 tart apples, diced
- 4 cooked potatoes, diced
- 5 sour gherkins, diced
- 1 cooked beet, diced
- 3 scallions in vinegar
- 1/4 teaspoon mustard
- Dash pepper
- 3 hard-cooked eggs, diced
- Mayonnaise to moisten

Wash herring and soak 3 hours in cold water. Tear them lengthwise and cut into narrow strips. Mix with remaining ingredients, reserving 2 of the eggs. Combine reserved eggs with additional mayonnaise and serve with the salad. Serves 8.

## JEAN LAFITTE SALAD

- 2 cups diced cooked meat
- 3/4 cup diced cooked potatoes
- 3/4 cup diced cooked carrots
- 3/4 cup cooked string beans
- 1 cup French Dressing
- 4 sweet pickles, chopped
- 2 hard-cooked eggs, chopped
- 1 cup Mayonnaise

Mix meat and vegetables with French dressing. Let stand for 1 hour; then add pickles, eggs and mayonnaise. Chill and serve on a lettuce leaf. Serves 8.

## KIPPERED HERRING SALAD

- 1/2 pound smoked kippered herring
- 2 cups chopped celery
- 1 green pepper, chopped
- 1 onion, chopped
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 teaspoon paprika
- 1/2 cup French Dressing
- 1 head lettuce, shredded
- 2 hard-cooked eggs, sliced

Chop herring and vegetables very fine. Add seasonings. Toss together with dressing, and serve on shredded lettuce. Garnish with hard-cooked eggs. Serves 8. Use 1 cup chopped tart apple for 1 of the cups of celery. Omit green pepper.

*A lettuce cup at the base and watercress at the top keeps this pyramid in place*

## MINTED LAMB SALAD

- 2 cups thin small slices cold cooked lamb
- 2 cups sliced cooked potatoes
- 1/4 teaspoon salt
- Mint French Dressing
- Lettuce hearts

Combine lamb and potatoes; add salt and marinate in dressing for 1 hour. Drain. Toss lettuce hearts with dressing in salad bowl, heap lamb and potato salad on lettuce, and garnish with sprigs of mint. Serves 6.

## OYSTER SALAD

- 1 pint oysters
- 2 cups chopped celery
- French Dressing
- Lettuce
- 8 slices lemon
- 8 sprigs parsley

Wash and drain oysters. Place in saucepan with a little water and simmer until edges begin to curl. Cool, drain and cut into quarters. Add celery to oysters and moisten with French dressing. Place on lettuce and garnish with lemon slices and parsley. Serves 8.

**SCALLOP SALAD**

1 pint scallops  
1 quart boiling water  
1 tablespoon lemon juice  
1/2 tablespoon salt  
1 cup Appetizer Mayonnaise  
1 cup diced celery  
1/4 cup chopped sweet pickles  
Lettuce or chicory

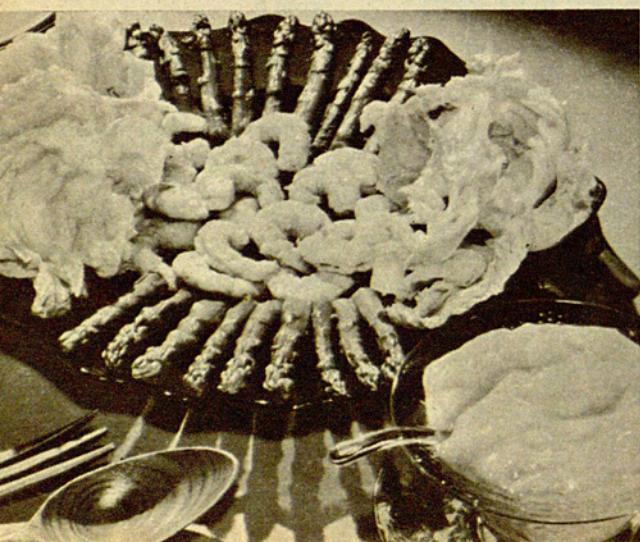
Cook scallops in water with lemon juice and salt for 10 minutes. Chill and cut into quarters (or more if scallops are large). Add mayonnaise, celery and pickles and mix lightly. Chill for 1 hour. Serve in lettuce cups. Serves 6.

**SHRIMP AND ASPARAGUS SALAD**

16 cooked shrimp, cleaned  
French Dressing  
18 cooked asparagus stalks  
Lettuce cups, Mayonnaise

Marinate shrimp in French dressing. Chill. Arrange asparagus and shrimp on plate with lettuce cups. Serve with mayonnaise. Serves 4.

*Radiating asparagus tips from a shrimp center give a buffet angle to this salad*

**SMOKED SALMON SALAD BOWL**

2 cups shredded smoked salmon  
1/2 cup cooked peas  
1/2 cup chopped celery  
1/2 cup sliced cooked green beans  
1/2 cup diced cooked potatoes  
Pearl Onion French Dressing  
1 head lettuce or chicory, shredded  
2 hard-cooked eggs, separated

Toss all ingredients (except egg yolks) together in salad bowl and chill. Sprinkle with sieved egg yolks and garnish with marinated cucumber slices. Serves 8.

**SWISS SALAD BOWL**

1/2 head romaine  
1/2 head chicory  
1/2 bunch watercress  
Mustard French Dressing  
2 cooked breasts of chicken  
1/4 pound cold baked ham  
1/4 pound cold tongue  
1/4 pound Swiss cheese

Shred greens, toss with dressing and arrange in 6 individual salad bowls. Chill. Cut chicken, ham, tongue, and cheese into long narrow strips and marinate in dressing for 15 minutes. Drain; arrange in 4 groups on top of greens in each salad bowl. For 6.

**CHEESE AND VEGETABLE SALAD**

Crisp lettuce leaves  
2 tomatoes  
1 1/2 cups cottage cheese  
1/2 teaspoon grated onion  
1/4 teaspoon salt  
Dash paprika

Line salad bowl with lettuce hearts. Peel tomatoes, cut in wedges and place around edge of bowl. Mix cheese with onion, salt and paprika. Pile in center of bowl. Serves 4.

Add 1 teaspoon chopped parsley. Omit onion and add 1 teaspoon minced chives.

**SHRIMP AND PINEAPPLE SALAD**

1 cup shrimp  
1 cup diced pineapple  
1/4 teaspoon salt  
1/8 teaspoon paprika  
4 tablespoons French Dressing  
Lettuce or romaine

Combine shrimp, pineapple, salt and paprika and mix well. Chill thoroughly. When ready to serve, mix with French dressing. Arrange on lettuce or romaine. Serves 4.

**TONGUE AND CABBAGE SALAD**

1 head cabbage  
1 cup diced cold cooked tongue  
1 cup diced cold cooked ham  
1 green pepper, chopped  
1 sweet red pepper, chopped  
1/2 onion, chopped  
1 cup Mayonnaise

Shred cabbage as for coleslaw. Add next 5 ingredients and blend mayonnaise with cabbage mixture. Sugar and salt may be added if desired. Serves 8.

*A new bowl gives a new flair to your favorite cheese and vegetable salad*





# FROZEN SALADS

## FRUIT SALAD IN ORANGE ICE RINGS

1½ cups orange juice  
 2 tablespoons lemon juice  
 Dash salt  
 ⅔ cup sugar  
 ¼ cup water  
 2 egg whites, stiffly beaten  
 Segments from grapefruit  
 4 slices pineapple, diced  
 Segments from 2 oranges  
 Fruit Mayonnaise  
 Lettuce cups  
 Mint leaves

Combine orange juice, lemon juice and salt and freeze until firm in refrigerator tray. Boil sugar and water together for 3 minutes and pour slowly into stiffly beaten whites, beating constantly. Cool to lukewarm. Scrape up thin layers of frozen mixture with an inverted spoon and fold into egg white mixture; pour into individual ring molds and freeze in refrigerator tray until firm. Combine grapefruit, pineapple and orange with mayonnaise and chill. Unmold orange ice; garnish centers with lettuce cups and fill with fruit salad. Garnish with mint leaves. Serves 4.

Lime, lemon or orange ice may be purchased and frozen in ring molds until firm; then filled with fruit salad and garnished as above.

## FROZEN TOMATO APPETIZERS

6 small tomatoes, peeled  
 1 teaspoon salt  
 Dash pepper  
 Watercress or lettuce  
 Caviar Mayonnaise

Hollow out tomatoes slightly at stem end; sprinkle with salt and pepper; invert and chill. Drain. Frost in refrigerator tray for 1 hour. Serve on watercress and top with mayonnaise. Serves 6.

## FROZEN CHICKEN SALAD RINGS

2 teaspoons unflavored gelatin  
 2 tablespoons cold water  
 ½ cup milk  
 1 egg yolk  
 1 cup diced cooked chicken  
 2 tablespoons sliced cooked mushrooms  
 4 tablespoons chopped celery  
 1 teaspoon minced pimiento  
 1 teaspoon minced green pepper  
 2 tablespoons chopped parsley  
 Few drops lemon juice  
 ¼ cup heavy cream, whipped  
 Lettuce cups  
 Cucumber Cream Dressing

Soften gelatin in cold water. Combine milk with egg yolk in top of double boiler and cook until thick. Dissolve gelatin in hot milk mixture and cool. When it begins to thicken add next 7 ingredients and fold in whipped cream. Freeze in individual ring molds in refrigerator tray until firm, about 3 hours. Unmold; arrange lettuce cup in center of each ring and fill with dressing. Garnish with tomato sections and watercress. Serves 4.

Use ½ cup diced cooked ham or tongue and ½ cup chicken.

Use 1 cup diced cooked turkey instead of chicken, or use ½ cup turkey and ½ cup ham.

Double the recipe; pour mixture into freezing tray and serve as a loaf, garnished with tomato sections.

## STUFFED TOMATOES IN FROZEN DRESSING

6 small ripe tomatoes  
 1 teaspoon salt  
 ¾ cup grated cucumber  
 2 tablespoons minced green pepper  
 2 tablespoons minced chives  
 1 cup cottage cheese  
 1 cup Cooked Salad Dressing  
 1 cup heavy cream, whipped  
 Lettuce or watercress

Wash tomatoes, remove skins and hollow out centers. Sprinkle with salt, invert and chill. Mix cucumber, green pepper, chives and cheese with 3 tablespoons dressing and pack mixture into tomatoes. Arrange tomatoes upside down in a row in freezing tray. Fold whipped cream into remaining dressing, pour over tomatoes and freeze about 2 hours. Cut frozen mixture into squares between each tomato, and serve on lettuce. Serves 6. Use 1 cup softened cream cheese instead of cottage cheese and 4 tablespoons chopped olives instead of pepper and chives.

Use 1 cup diced cooked chicken, turkey or game instead of cottage cheese, and mix with 4 tablespoons dressing instead of 3.

Use 1 cup diced cooked ham, tongue, or veal instead of cottage cheese; ¾ cup chopped celery instead of cucumbers, and mix with 4 tablespoons dressing instead of 3.

Use 1 cup flaked crab meat, shrimp or tuna instead of cottage cheese, ¾ cup cold cooked peas instead of cucumbers, and mix with 4 tablespoons dressing instead of 3.

## FROZEN OLIVE CHEESE SALAD

3 ounces sharp Cheddar cheese  
 ½ cup cream  
 10 ripe olives, stoned and chopped  
 1 teaspoon chopped pimiento  
 6 tomatoes, hollowed out and chilled  
 Lettuce or watercress  
 Mayonnaise

Blend cheese well with cream; add olives and pimiento. Place in 6 small paper cups and freeze 2 to 3 hours in refrigerator tray. Unmold into hollowed-out tomatoes; serve on lettuce with mayonnaise. Serves 6.

## FROZEN SALADS

### FROZEN FRUIT GINGER SALAD

3 ounces cream cheese  
3 tablespoons Mayonnaise  
1/4 cup maraschino cherries, sliced  
1/4 cup chopped dates  
1/4 cup preserved kumquats  
1/4 cup diced pineapple  
1 tablespoon chopped candied ginger  
1 cup heavy cream, whipped  
1/2 cup toasted almonds  
Lettuce  
Pineapple Cream Dressing

Beat cheese and mayonnaise together until smooth; combine with fruits and fold in whipped cream. Pour into freezing tray of refrigerator, sprinkle with almonds and freeze 2 1/2 to 3 hours, or until firm. Cut into squares and serve on lettuce with dressing. Serves 8.

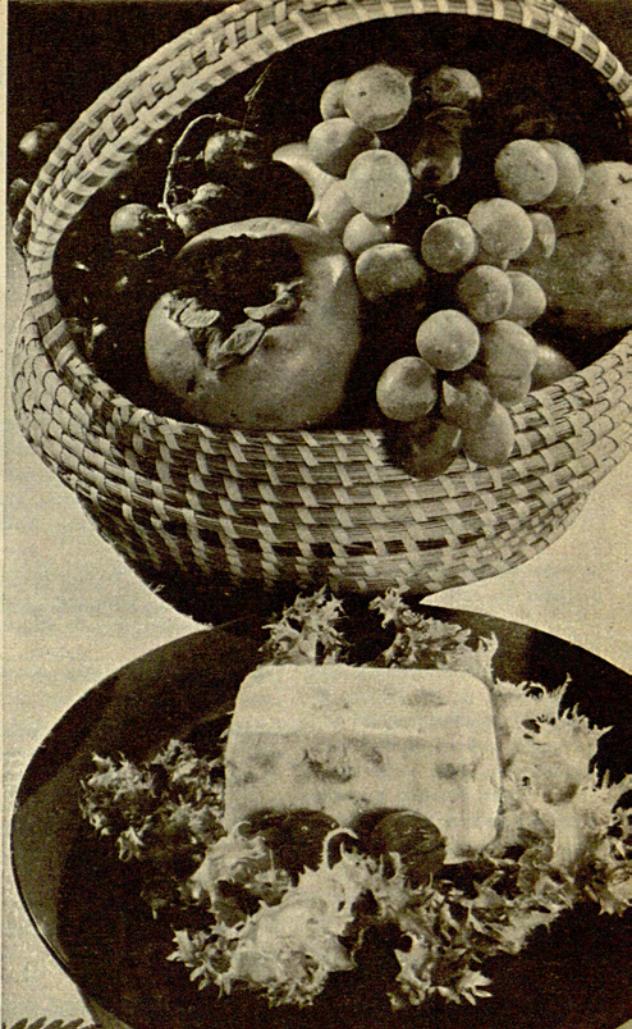
Use 1/4 cup diced oranges instead of chopped dates; and 1/4 cup diced bananas instead of kumquats; omit chopped ginger.

Freeze mixture in sealed baking powder cans; slice and serve on slices of tomato; garnish with watercress. Freeze mixture as above; serve on slices of pineapple and garnish with watercress.

### FROZEN PEAR AND CHEESE SALAD

3 ounces cream cheese, mashed  
1 No. 1 can pears  
3 tablespoons French Dressing  
Ginger Dressing

To cheese add juice drained from pears and French dressing; beat until smooth. Slice pears and arrange in freezing tray of refrigerator. Pour in cheese mixture and freeze until firm enough to cut into squares. Arrange on lettuce and serve with dressing. Serves 4.



### FROZEN SPICED APRICOT SALAD

1 pound dried apricots  
2 cups water  
1/2 teaspoon cloves  
1/3 cup sugar  
1/8 teaspoon salt  
Grated rind of 1 lemon  
2 tablespoons lemon juice  
Lettuce  
Lemon Mayonnaise

Wash apricots and cook in water with cloves, sugar, salt and rind

*Any fruit from your basket  
may be combined for frozen  
fruit salad*

of lemon until tender. Rub through a coarse sieve, add the lemon juice and freeze for 2 hours. Scrape up into thin layers with an inverted spoon when solidly frozen and serve on lettuce or endive with mayonnaise. Serves 6.

**FROZEN SPICED PRUNE**—Use prunes and 1/2 teaspoon cinnamon for apricots and cloves.

### FROZEN TOMATO SALAD IN CUCUMBER BOATS

$\frac{1}{2}$  cucumber pared and chopped  
3 stalks celery, chopped  
1 cup cooked asparagus tips  
3 cups tomato purée  
6 lettuce cups  
6 Cucumber Boats  
Mayonnaise  
3 tablespoons chopped chives

Combine cucumber, celery and asparagus with tomato purée; pour into refrigerator trays and freeze about  $1\frac{1}{2}$  hours or until just firm. Arrange lettuce cups on salad plates; place a cucumber boat on each and fill each with frozen tomato mixture. Top with mayonnaise and sprinkle with chopped chives. Serves 6. Serve frozen tomato mixture in hollowed out chilled peeled tomatoes instead of in cucumber boats.

Slice frozen tomato mixture; serve on lettuce or watercress and garnish with rosettes of cream cheese.

*A sprig of watercress with stuffed olive flowers decorates frozen sea food salad*

### FROZEN SUMMER FRUIT SALAD

$\frac{1}{2}$  cup sliced strawberries  
 $\frac{1}{2}$  cup diced canned pineapple  
 $\frac{1}{2}$  cup diced orange segments  
 $\frac{1}{2}$  cup diced bananas  
2 teaspoons lemon juice  
1 teaspoon unflavored gelatin  
1 tablespoon cold water  
4 teaspoons strained honey  
 $\frac{3}{4}$  cup heavy cream, whipped  
Lettuce

Combine fruits with lemon juice; chill. Soften gelatin in cold water; dissolve over hot water and add to honey and fruit. Fold whipped cream into fruit mixture and freeze in refrigerator tray 3 hours or until firm. Cut into squares and serve on lettuce. Serves 8.

Use  $\frac{1}{2}$  cup red raspberries instead of strawberries.

Freeze in sealed baking powder cans, slice, arrange on lettuce. Top each round with pared honeydew or cantaloupe ring; fill center with melon balls and serve with Lime French Dressing. On each round of frozen salad place a ring of avocado and garnish center with Pastel Fruit Mayonnaise.

### FROZEN SEA FOOD SALAD

2 teaspoons unflavored gelatin  
 $\frac{1}{3}$  cup cold water  
2 cups flaked sea food (crab meat, shrimp or lobster)  
 $\frac{3}{4}$  cup tomato catchup  
2 tablespoons lemon juice  
3 tablespoons vinegar  
1 teaspoon prepared horse-radish  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{2}$  cup Mayonnaise  
Lettuce

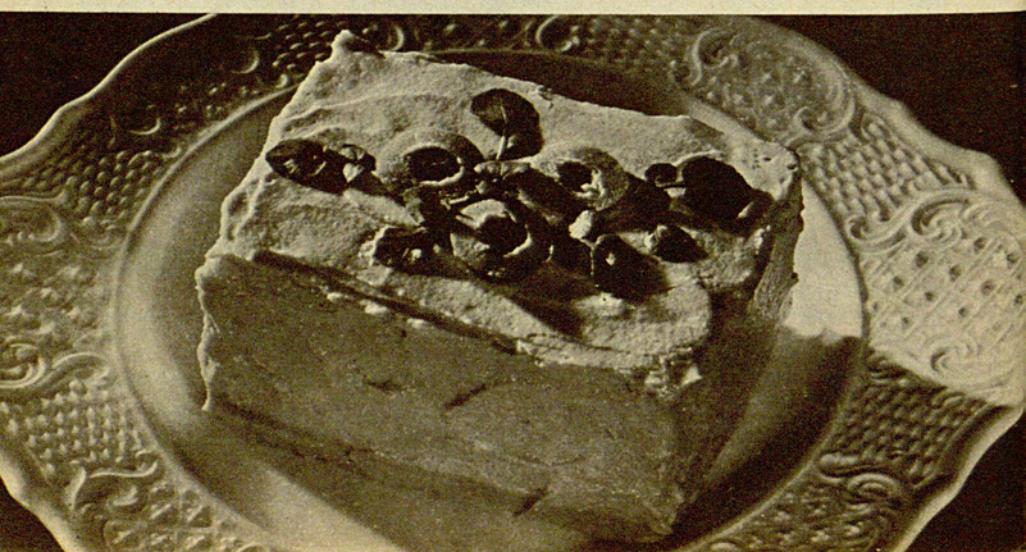
Soften gelatin in cold water and dissolve over hot water. Combine with sea food, catchup, lemon juice, vinegar, horse-radish and salt; fold in mayonnaise. Freeze in refrigerator tray until firm, about 2 hours. Cut into cubes and arrange on slices of tomatoes on lettuce. Serves 6.

Serve frozen sea food in hollowed-out whole tomatoes.

Serve frozen sea food in Cucumber Boats.

Serve as a loaf on watercress with border of overlapping cucumber and tomato slices.

Freeze sea food mixture in individual oiled ring molds; unmold, arrange on watercress; fill centers with Cucumber Dressing in lettuce cups.



# HOLIDAY SALADS

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## BUNNY SALADS

- 1 package lime gelatin
- 2 cups hot water
- 6 pear halves
- 4 tablespoons cottage cheese
- Mayonnaise
- 1 tablespoon chopped blanched almonds
- Lettuce
- 24 almonds, blanched
- Paprika
- Soft pimiento cheese
- Parsley

Dissolve gelatin in hot water. Pour into a pan  $8 \times 8 \times 2$  inches and chill until firm. For each salad fill pear half with cottage cheese mixed with mayonnaise and chopped almonds. Invert on lettuce leaves on bed of shredded gelatin made by forcing firm lime gelatin through a ricer. Make bunny's ears, mouth and tail of almonds. Make eyes by dipping the pointed end of a knife into paprika. Garnish with small carrot shaped from cheese with a sprig of parsley for top. Serve with mayonnaise. Makes 6.

## POINSETTIA SALAD

- 1 No.  $2\frac{1}{2}$  can pears
- $\frac{1}{2}$  cup red cinnamon drops
- 3 tablespoons vinegar
- 1 bunch watercress
- 4 teaspoons grated sharp Cheddar cheese
- Lime French Dressing

Combine syrup from pears with cinnamon drops and vinegar and heat to boiling. Cut each pear half into 4 lengthwise slices to represent petals and simmer in syrup for 20 minutes, or until well colored. Chill. Arrange watercress on 4 salad plates. On each arrange 8 petals, clockwise, each curving toward the center to represent a flower. Sprinkle 1 teaspoon grated cheese in center of each flower, and serve with dressing. Serves 4.

## CHRISTMAS WREATH SALAD

- 6 slices pineapple
- 1 head romaine
- Angelica
- $\frac{1}{2}$  cup red cinnamon drops
- Whipped Cream Dressing

Arrange 1 slice pineapple on romaine on each plate. Cut angelica to represent holly leaves and arrange on pineapple. Sprinkle cinnamon drops at intervals between the leaves to represent holly. Fill center of pineapple ring with whipped cream dressing. Serves 6.

## DUCK SALAD

- 1 small head lettuce, shredded
- 6 large peach halves
- 1 cup cottage cheese
- 6 yellow marshmallows
- 12 currants
- $\frac{1}{2}$  cup toasted almonds
- Fruit Mayonnaise

Arrange shredded lettuce on large glass platter or chop plate, fluffing it up with a fork to resemble waves. Stuff each peach half with cottage cheese and invert, rounded side up on lettuce. For each duck's head use a marshmallow, with currants for eyes and a toasted almond, split, for each bill. For each tail use 3 or 4 almonds. Serve with the fruit cream mayonnaise. Serves 6. Use Whipped Cream Dressing.

## FIRECRACKER SALAD

- 1 package strawberry, raspberry or cherry gelatin
- 1 cup boiling water
- $\frac{3}{4}$  cup cold water
- 16 square marshmallows
- Watercress, Mayonnaise
- 4 marshmallow stars

Dissolve gelatin in boiling water, add cold water and pour to  $\frac{1}{2}$ -inch thickness in shallow oblong pan. When gelatin is almost set, arrange 4 stacks of 4 marshmallows each, flat sides together, in the gelatin, allowing room between each "firecracker." When firm, pour on remaining cooled gelatin. Cut between rows of marshmallows and lift out carefully with a spatula. Arrange each plate with watercress, place "firecracker" on it and make a fuse of mayonnaise. Tip each fuse with a star cut from a marshmallow with wet scissors. Serves 4.

Cut pimientos into halves, form a roll of cream cheese the same length as pimiento. Roll cheese in pimiento and chill. Insert a narrow strip of green pepper for fuse. Serve with mayonnaise.

*Bunny salads will delight every youngster at the Easter party*



**DRUM MAJOR SALAD**

½ pound cream cheese  
 Mayonnaise  
 3 tablespoons chopped walnuts  
 3 tablespoons chopped olives  
 ¼ teaspoon salt  
 3 tomatoes, sliced  
 1 green pepper, cut into strips  
 Salad greens  
 12 pitted olives  
 12 celery sticks, (4 inches)

Beat cheese smooth with mayonnaise, add nuts, olives and salt. Spread thickly between 2 tomato slices. Arrange pepper diagonally across filling. Place on nests of greens. Place an olive on end of each celery stick and cross 2 on each salad. Serve with mayonnaise, for 6.

**WASHINGTON'S SALAD**

Cover a 4-inch straight section of banana with mayonnaise. Roll in chopped nut meats and place on bed of lettuce. Garnish with cherries and a hatchet fastened in a slit in the "log."

*Every one will "fall in line" with the drum major salad*

**EASTER SALAD**

2 tablespoons unflavored gelatin  
 3½ cups chicken broth  
 Salt, Pepper  
 Hard-cooked eggs, sliced  
 1 pimiento, cut into attractive shapes  
 Sliced cooked chicken  
 Tomato aspic, chopped  
 Watercress, Mayonnaise  
 Olives, chopped

Soften gelatin in ½ cup cold chicken broth for 5 minutes. Heat remainder of broth to boiling, add seasoning and gelatin and stir until dissolved. Strain through cheesecloth. When it begins to thicken glaze a mold with the gelatin mixture. Have the jelly about 1½ inches thick in the bottom. Dip hard-cooked eggs and pimiento in liquid gelatin and place on bottom and sides. Arrange sliced cooked chicken in alternate layers of dark and light meat. Fill with remainder of cooled gelatin. Chill until firm. Unmold and serve on platter, garnished with chopped tomato aspic and cress. Serve with mayonnaise or tartar sauce and add chopped olives to either as a relish. Serves 6.

**INDEPENDENCE DAY SALMON RING**

2 tablespoons unflavored gelatin  
 ¼ cup cold water  
 2 egg yolks  
 1 teaspoon salt  
 1 teaspoon dry mustard  
 ¼ teaspoon paprika  
 2 tablespoons sugar  
 ¾ cup milk  
 5 tablespoons lemon juice (or vinegar)  
 ¾ tablespoon butter  
 2 cups flaked cooked salmon  
 1 cup Mayonnaise  
 2 egg whites (optional)  
 Cucumber Dressing

Soften gelatin in cold water. Mix egg yolks with salt, mustard, paprika and sugar. Add milk, then add lemon juice very slowly, stirring constantly, and cook over hot water until mixture thickens. Add butter and gelatin and stir until gelatin dissolves. Chill until mixture starts to thicken. Fold in salmon, mayonnaise and stiffly beaten egg whites. Pour into oiled ring mold and chill until firm. Unmold, garnish with watercress, fill center with dressing and place tiny flags at regular spaces around the edge of jellied ring. Serves 6 to 8.

**SHAMROCK SALAD**

2 green peppers  
 10 ounces pimiento or cream cheese, softened  
 Lettuce or chicory  
 French Dressing

Wash, cut off stem end and remove seeds from well-shaped peppers. Stuff with cheese and chill 4 hours. Cut into ¼-inch slices and arrange 3 for each salad on lettuce or chicory. Pipe cream cheese flower in center of each. Serve with French dressing. Serves 6.

**JACK-O'-LANTERN SALAD**

6 large peach halves, canned  
 2 cups Waldorf Salad  
 Lettuce, 12 cloves  
 12 strips pimiento  
 Stuff peach halves with Waldorf salad and arrange each on lettuce, rounded side up. Use 2 cloves for eyes, and strips of pimiento for nose and mouth. Serves 6.

**TURKEY SALAD**

6 whole pears  
 ½ cup crushed pecans  
 1 bunch watercress  
 1 apple, pared and cut into wedges  
 6 candied cherries  
 6 strips pimientos  
 6 half-slices pineapple  
 Cream Cheese French Dressing

Roll pears in crushed pecans and arrange each on watercress on a salad plate. Stick an apple wedge into stem end of each pear for turkey's neck; top with a cherry for head and attach strip of pimiento underneath for wattles. At other end of pear arrange a half slice of pineapple upright, for tail feathers. Serve with dressing. Serves 6.

**VALENTINE SALADS**

2 tablespoons unflavored gelatin  
 ½ cup cold water  
 4 cups tomatoes (fresh or cooked)  
 1 tablespoon minced onion  
 Dash celery seed, 2 cloves  
 ½ teaspoon salt  
 1 teaspoon sugar  
 1 tablespoon lemon juice  
 1 head chicory  
 French Dressing  
 3 ounces cream cheese  
 Cucumber Cream Dressing

Soften gelatin in cold water. Cook tomatoes, onion, celery seed, cloves, salt and sugar together 15 minutes. Strain; dissolve softened gelatin in hot liquid. Add lemon juice and cool. Pour into heart-shaped molds and chill until firm. Toss chicory with a little French dressing and arrange on 6 salad plates. Place jellied tomato heart on each, and with pastry bag and tube pipe frilly border of softened cream cheese around each. Serve with dressing. Serves 6.

Tomato jelly mixture may be poured into pans or molds in  $\frac{3}{4}$ -inch layers, and cut, when chilled, with heart-shaped cookie cutter.

**ORANGE JACK-O'-LANTERN SALAD**

6 small oranges  
 3 cups fruit salad  
 1 head lettuce, shredded  
 Mayonnaise

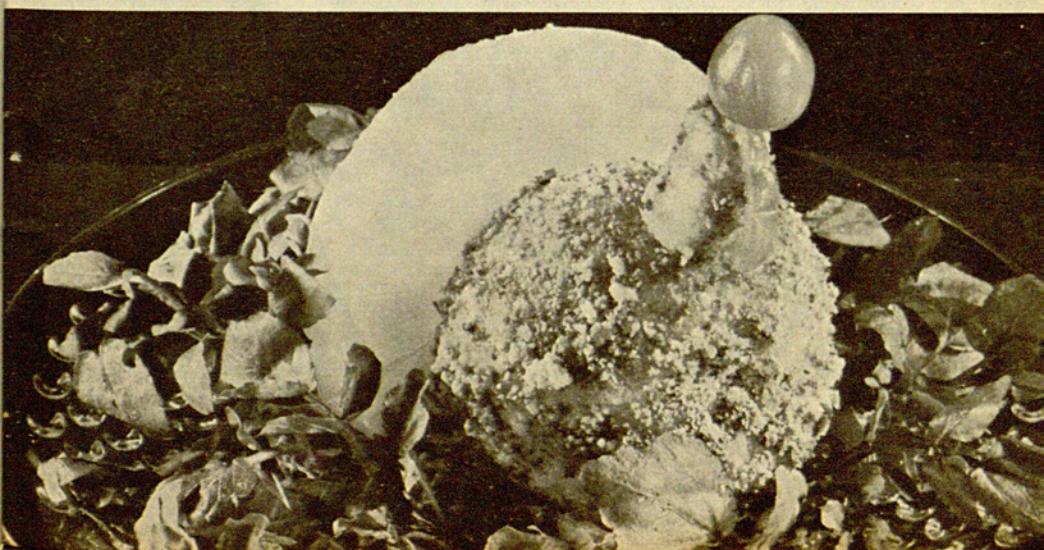
Cut off tops of oranges, remove pulp, and cut eyes, nose, and mouth in the skin. Fill with fruit salad, replace tops, and serve on shredded lettuce with mayonnaise. Serves 6.

**ST. PATRICK'S DAY SALAD**

1 package lime gelatin  
 1 cup red sweet cherries, pitted  
 1 cup white sweet cherries, pitted  
 1 to 2 cups cottage cheese

Prepare gelatin as directed on package. Arrange dark and light pitted cherries in a mold, pour part of gelatin mixture over them and chill until firm, then add remaining gelatin. Chill. Unmold salad on bed of lettuce and serve with salad dressing and cottage cheese. Serves 8.

*Turkey gobbler, sea lion or pussy cat will be the result of your skill and imagination*



## SALAD GARNISHES

### SALAD GARNISHES

**CUCUMBER TULIPS**—Cut the ends (2-inch lengths) from unpeeled medium cucumbers. Cut 6 or 7 triangular sections down from cut edge, making petals. Toothpicks may be used as markers so that all the petals will be even. Hollow out remaining seeds, leaving a  $\frac{1}{4}$ -inch wall. Place a small rounded bit of carrot, rutabaga or beet on a toothpick and press into the center. Chill in ice water.

**CUCUMBER BALLS**—Cut large cucumbers into balls with French vegetable cutter and marinate in French Dressing. Sprinkle with paprika and serve as a garnish.

### GREEN OR RED PEPPER RINGS

—Cut a slice from the top of fresh pepper; remove seeds and partitions. Slice crosswise, making rings as wide as desired. These rings may be used to hold

together stalks of asparagus, whole string beans etc., or if cut quite wide they will serve as cups to hold mayonnaise.

### JELLED GINGER ALE CUBES

Sprinkle  $\frac{1}{2}$  tablespoon gelatin over 2 tablespoons cold water. Dissolve over boiling water. Cool. Add 1 cup ginger ale and mix thoroughly. Pour into a square pan which has been dipped in cold water. Chill until firm. Cut into small cubes. To make grape juice cubes use  $\frac{1}{2}$  cup grape juice and  $\frac{1}{2}$  cup ginger ale, instead of the 1 cup ginger ale.

### RADISH ROSES

Trim off all but an inch of stem. Cut off root and with a sharp knife cut the outside layer down from the tip toward stem end in 5 or more sections so that the red outside covering stands out like the petals of a flower. Chill radishes in ice water until petals curl. Cut olives, capers, pimientos, slices of hard-cooked egg or beets into fancy shapes.

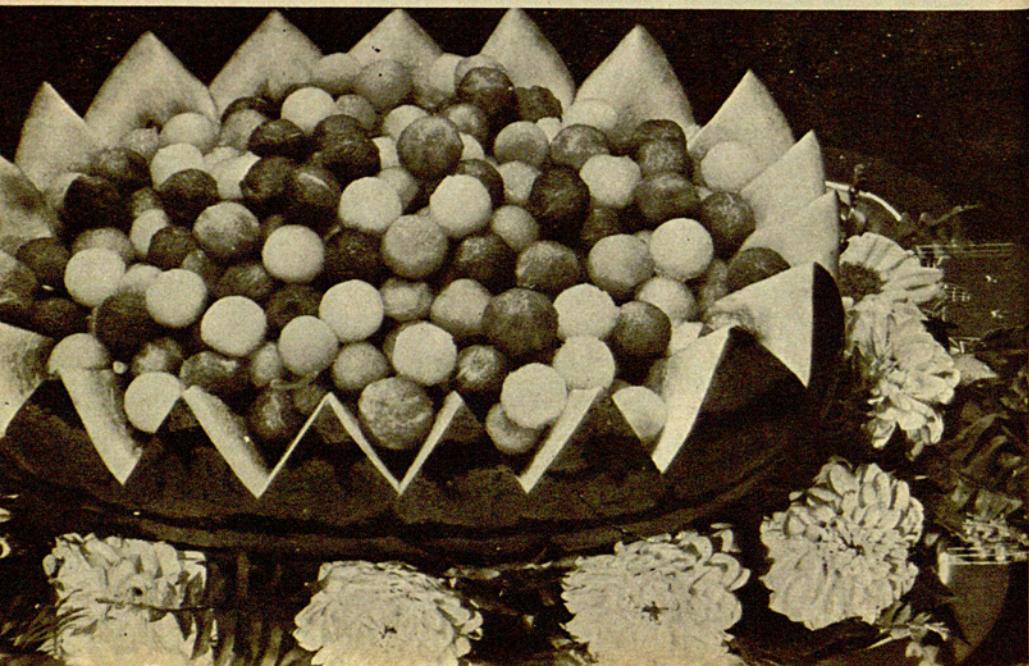
*Watermelon bowl or melon baskets for salad service will delight your guests*

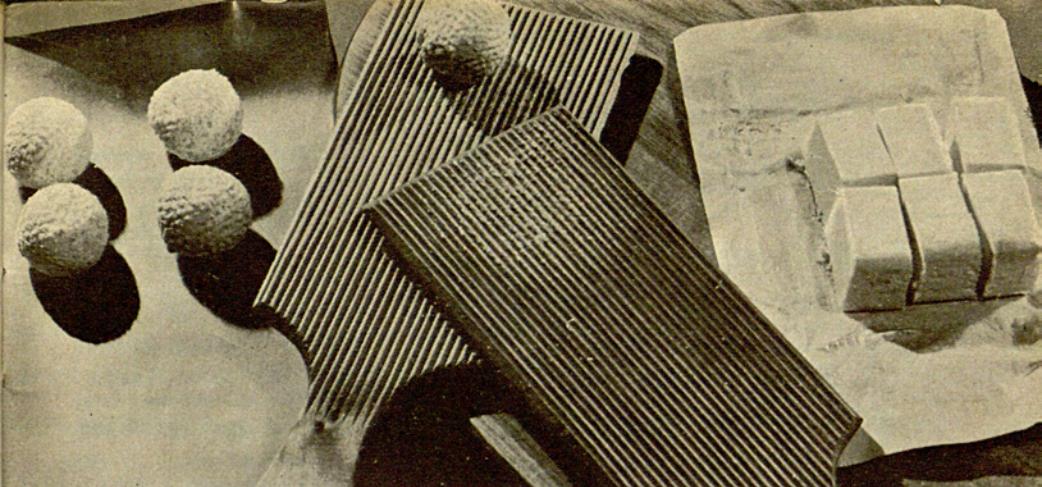
### MELON BASKETS

Locate the center between the ends of a melon. One inch on each side of this point, make a cut downward  $\frac{1}{3}$  of the distance through the melon, make another cut 1 inch on the other side of the center point, thus making a 2-inch strip through the center down  $\frac{1}{3}$  way through melon. Cut from each end in toward center to this strip on each side and remove portions of melon. Remove edible portions of melon with French vegetable cutter or a spoon, chill.

### WATERMELON BOWL

Cut watermelon lengthwise in a  $\frac{1}{3}$  to  $\frac{2}{3}$  proportion. Remove top third. Then cut out melon balls with a French vegetable cutter. Chill. Mark off 2-inch spaces on cut edge of melon and cut out triangular sections between each marker, making a notched edge. Fill bowl with chilled watermelon and cantaloupe balls.





## CREAM CHEESE NOVELTIES

Arrange assorted cheese balls with avocado rings, sliced tomato, sliced beet and artichoke hearts; adding French Dressing.

Make a rainbow garnish as follows:

Line a small deep enameled refrigerator pan or little cake mold with waxed paper. Mix cheese with sufficient cream to mold nicely. Pack in alternate layers with hard-cooked egg yolk mashed with a little mayonnaise, minced green peppers and minced pimientos, or minced fines herbes. Chill or freeze, unmold, remove paper and cut down in slices with knife dipped in ice water. Use striped slices as garnish, or for open-faced sandwiches, or serve alone on lettuce leaves with French Dressing.

## SALAD SERVING SUGGESTIONS

Use silver ice tongs to serve salad consisting of large pieces of fruit or vegetables.

Cut a thin slice from stem end of a sweet red or green pepper, remove seeds and use as a container for mayonnaise.

## STUFFED OLIVE GARNISHES

1 (10-ounce) bottle olives  
1 package cream cheese  
Mayonnaise  
1/2 cup chopped nuts

Cut olives into halves lengthwise, remove pits and chill. Mix cream cheese to a paste with mayonnaise, shape into small balls and roll in chopped nuts. Put the cheese balls between the halves of olives and press together slightly. Serve as garnish for meat or vegetable salads, or aspics.

## CELERY CURLS

Cut celery stalks into 2-inch pieces. With a very sharp knife, begin at the outer edge and make 4 to 6 cuts parallel, extending about 1/3 of the way down the stalk. Place in ice water until celery curls. Both ends may be curled.

## PICKLE FANS

Cut a small cucumber pickle into 5 or 6 very thin slices from the tip almost down to the stem end but leaving all the slices attached. Press lightly at the stem end to spread the "fan."

**STUFFED PICKLES**—Fill cored pickles with cream cheese. Chill 3 hours and slice.

*These paddles will make balls of cream cheese, liver, anchovy or fish butters and pastes*

## SUGGESTIONS FOR SALAD GARNISHES

Red or green peppers, cut into thin strips or circles.

Celery stuffed with a savory cheese mixture, celery curls or hearts of celery.

Radishes cut into thin slices.

Sliced tomatoes, spread with sardine paste, or with horse-radish mixed with whipped cream.

Stalks of endive stuffed with Roquefort cheese paste.

Carrots shredded very fine, or grated.

Paper-thin slices of onions, marinated in French dressing and sprinkled with paprika or chopped parsley.

Asparagus tips, marinated in French dressing and ends dipped in paprika.

Olives—whole, green or ripe and sliced stuffed olives.

Avocado rings, crescents or slices. Thin slices of a pared, scored cucumber are suitable for fish salads.

Sieved hard-cooked egg yolks. Finely chopped hard-cooked egg whites or egg wedges.

# SALAD DRESSINGS

## MAYONNAISE

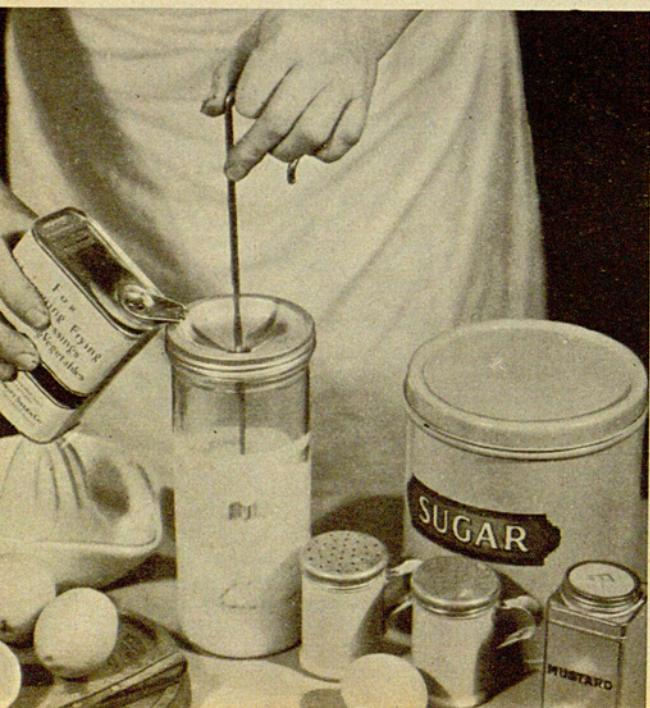
2 teaspoons salt  
 1 teaspoon dry mustard  
 Dash cayenne  
 2 egg yolks  
 1 pint olive or salad oil  
 $\frac{1}{4}$  cup cider and tarragon  
 vinegar, in equal parts

Combine dry ingredients with unbeaten yolks in a mixing bowl and beat together until stiff. Add part of the oil, beating it into the mixture drop by drop at first, then proceeding more rapidly always keeping the mixture stiff. When it begins to thicken add a little of the vinegar; alternate the oil and vinegar until blended. Makes 2½ cups. Use 1 cup Mayonnaise:

**ANCHOVY**—Add 2 tablespoons anchovy paste or mashed anchovies.

**APPETIZER**—Add 1 cup chili

*You can make perfect mayonnaise in just a jiffy*



sauce; 1 teaspoon Worcester-  
 shire sauce; 1 teaspoon prepared horse-radish; 2 pickles, minced; 1 stalk celery, minced; 1 tablespoon minced chives and 2 tablespoons chopped parsley.

**ASPIC**—Beat ½ cup aspic gelatin (as it begins to thicken) into mayonnaise and chill. Use through pastry bag or tube for garnishing.

**BAR-LE-DUC**—Add 3 tablespoons Bar-le-Duc and 1 tablespoon lemon juice.

**CAVIAR**—Add 4 tablespoons caviar and 2 tablespoons pearl onions or prepared horse-radish.

**CHEESE**—Add 3 ounces cream cheese and 2½ tablespoons Camembert cheese.

**CHIFFONADE**—Add 2 tablespoons each chopped green and red pepper, 1 tablespoon each chopped olives and sweet pickle and 1 teaspoon prepared horse-radish.

**COLORED**—Red: for vegetable salads add beet juice or cooked beet purée.

Green: for vegetable salads add cooked spinach purée, minced parsley or concentrated liquor from boiled artichokes.

**CORAL**—Add mashed coral from cooked lobster.

**COTTAGE CHEESE**—Add ½ cup cottage cheese and mix well.

**CRANBERRY**—Add 1 cup minced cranberries.

**CRANBERRY CREAM**—Add 1 cup cranberry jelly and ¾ cup whipped cream.

**CREAM CHEESE**—Add 3 ounces cream cheese, 1 tablespoon lemon juice, ⅓ cup chopped toasted almonds; fold in 1 cup whipped cream.

**CURRY**—Add 1 teaspoon curry powder and ½ clove garlic, minced.

**FLUFFY HORSE-RADISH**—Add ¾ cup whipped cream, 4 tablespoons freshly ground horse-radish, and 4 drops Tabasco sauce.

**FRUIT**—Add 3 tablespoons fruit juice, ½ cup confectioners' sugar and 1 cup heavy cream, whipped.

**GARLIC**—Add 1 cup Garlic French Dressing. Beat well.

**HERB**—Add 1 teaspoon each minced parsley, tarragon, watercress, chervil, chives and basil. Beat very well.

**JELLY CREAM**—Add 1 cup strained currant jelly and 1 cup whipped cream.

**LEMON CREAM**—Add ½ cup confectioners' sugar, ¼ cup lemon juice, dash salt and 1 cup heavy cream, whipped.

**OLIVE**—Add ½ cup chopped ripe or stuffed olives.

## SALAD DRESSINGS

**PASTEL FRUIT**—For fruit salads, add red raspberry juice or cooked red raspberry purée.

**PIMENTO CHEESE**—Add 1 ounce pimiento cream cheese, 2 tablespoons chili sauce and  $\frac{1}{2}$  teaspoon Worcestershire sauce.

**ROQUEFORT**—Add 2 tablespoons Roquefort cheese, mashed and 1 teaspoon lemon juice.

**SEA FOOD**—Add 1 cup chili sauce; 3 hard-cooked eggs, chopped; 2 sweet pickles, minced;  $\frac{1}{2}$  cup chopped ripe olives;  $\frac{1}{4}$  pound shredded crab meat, shrimp or lobster.

**SHERRY**—Add 1 tablespoon sherry or grenadine.

**STRAWBERRY CREAM**—Add 1 cup mashed fresh strawberries (or red raspberries),  $\frac{1}{2}$  tablespoon confectioners' sugar, 3 tablespoons lemon juice; fold in 1 cup whipped cream.

**THOUSAND ISLAND DRESSING**—Add  $\frac{1}{2}$  cup chili sauce, 2 tablespoons chopped stuffed olives, 1 teaspoon chopped capers, 1 teaspoon chopped chives.

**TOMATO**—Add 1 cup chopped fresh tomatoes, dash of salt and 1 teaspoon chopped chives. Three tablespoons diced cucumbers may be added.

**WHIPPED CREAM**—Fold mayonnaise into 1 cup whipped cream.

**WHITE WINE**—Add  $\frac{1}{4}$  cup fresh strawberries or raspberries;  $\frac{1}{4}$  cup chopped pecans, toasted almonds or pistachios; 2 tablespoons each fruit juice and white wine.

### FROZEN LIME MAYONNAISE

1 cup Mayonnaise  
 $\frac{1}{3}$  cup heavy cream, whipped  
2 tablespoons lime juice  
2 tablespoons sugar



*Place the dressing bowl at the side to emphasize the salad arrangement*

Combine mayonnaise with whipped cream; add fruit juice and sugar. Freeze either in refrigerator tray or in small molds. Serve with fruit salads. Serves 6.

### EGGLESS MAYONNAISE

$\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon confectioners' sugar  
 $\frac{1}{4}$  teaspoon dry mustard  
 $\frac{1}{4}$  teaspoon paprika  
Dash cayenne  
1 tablespoon vinegar  
1 tablespoon lemon juice  
 $\frac{1}{4}$  cup chilled evaporated milk  
1 cup chilled olive or salad oil

Beat first 8 ingredients with rotary egg beater until well blended. Add  $\frac{1}{3}$  cup oil and beat well. Add another  $\frac{1}{3}$  cup oil and beat. Add the remaining oil and beat again. Serve the dressing shortly after making. Makes about  $1\frac{1}{2}$  cups.

### LEMON MAYONNAISE

1 egg yolk,  $\frac{1}{4}$  cup lemon juice  
 $\frac{3}{4}$  cup sweetened condensed milk  
 $\frac{1}{4}$  cup olive or salad oil  
 $\frac{1}{2}$  teaspoon salt  
1 teaspoon dry mustard

Beat well until mixture thickens. Add  $\frac{1}{4}$  cup more lemon juice for a more tart flavor. Makes  $1\frac{1}{4}$  cups.

### HAWAIIAN HOLLANDAISE

$\frac{1}{2}$  cup butter  
3 eggs yolks  
 $1\frac{1}{2}$  tablespoons lemon juice  
1 teaspoon salt  
 $\frac{1}{4}$  teaspoon pepper  
 $\frac{1}{2}$  cup unsweetened canned pineapple juice

Cream butter, add egg yolks 1 at a time and beat well. Add lemon juice, salt and pepper. Just before serving add hot pineapple juice, a little at a time, beating constantly. Cook in top of double boiler, stirring constantly, until sauce thickens like boiled custard. Makes  $1\frac{1}{2}$  cups.

### FROZEN TOMATO MAYONNAISE

4 tomatoes, peeled and chopped  
1 teaspoon minced onion  
1 cup Mayonnaise  
 $\frac{1}{8}$  teaspoon salt, Dash cayenne

Combine all ingredients; pour mixture into freezing tray of refrigerator and freeze without stirring. Serve in the hollow of a peeled half avocado garnished with salad greens. Serves 6.

## COOKED SALAD DRESSING

- 1 tablespoon sugar
- 2 teaspoons dry mustard
- 1 teaspoon salt
- 1/8 teaspoon cayenne
- 3/4 cup salad oil, 1 egg
- 1/4 cup vinegar
- 3 tablespoons cornstarch
- 1 cup cold water

Combine first 7 ingredients in a bowl, but do not beat. Combine cornstarch and cold water and stir until thoroughly mixed. Cook over low heat stirring constantly, until mixture boils and becomes clear. Remove from heat and continue stirring for about 3 minutes. Pour hot mixture into ingredients in bowl and beat vigorously with a rotary beater until smooth. Chill. Makes 2 cups.

## CHICKEN LIVER DRESSING

- 4 cooked chicken livers
- 4 hard-cooked egg yolks
- 3 teaspoons prepared mustard
- 1/4 teaspoon salt
- Dash pepper
- 1/4 cup olive or salad oil
- 2 teaspoons red wine vinegar
- 2 tablespoons red wine

Rub livers and cooked egg yolks through a sieve, add seasonings and mix to a paste. Add oil, drop by drop, blending well, then vinegar and wine. Toss with greens in salad bowl. Makes 1 cup.

## SOUR CREAM COOKED DRESSING

- 3 tablespoons tarragon vinegar
- 1 cup cider vinegar
- 1 tablespoon lemon juice
- 3 eggs
- 3 tablespoons sugar
- 1 tablespoon dry mustard
- 1 teaspoon salt
- 1 tablespoon celery salt
- Dash cayenne
- 3 tablespoons melted butter
- 1/2 cup sour cream

Scald vinegars and lemon juice. Beat eggs with sugar, mustard, salt, celery salt, and cayenne. Add hot vinegar and simmer until thickened, stirring constantly. Remove from heat, add melted butter and beat until smooth. Add sour cream and beat again. Makes about 2 cups.

*Make your own salad and dress it from the center bowl*

## COOKED DRESSING FOR FRUIT SALAD

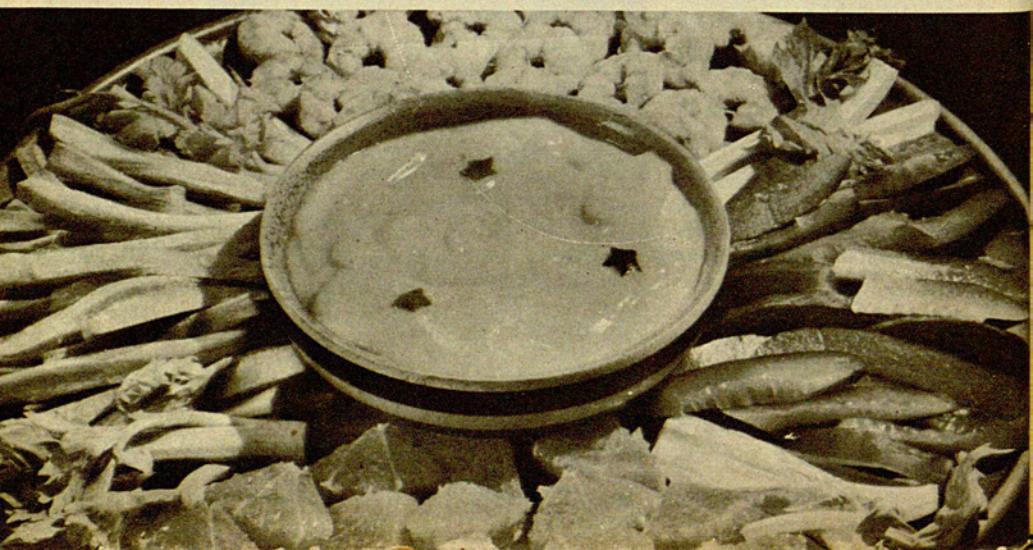
- 1/2 cup sugar
- 1/2 teaspoon dry mustard
- 1/2 teaspoon salt
- 1/2 cup vinegar
- 6 egg yolks or 3 whole eggs
- 2 tablespoons butter

Combine sugar, mustard, salt and vinegar, and heat to boiling. Pour over well beaten yolks, stirring constantly. Cook until thickened, beating with rotary egg beater. Add butter. Just before serving add 1/2 cup heavy cream, whipped, or thin with cream or milk. Do not dilute the vinegar. Makes 1 1/2 cups.

## AVOCADO DRESSING

- 2 tablespoons lemon juice
- 4 tablespoons evaporated milk
- 1/2 teaspoon salt
- 1 teaspoon prepared mustard
- 6 drops Tabasco sauce
- 1 cup sieved avocado

Beat lemon juice and milk together thoroughly; add seasonings and blend. Beat in avocado until thick and creamy. Serve with tomato or vegetable salads. Makes about 1 1/3 cups dressing.



## FRENCH DRESSING

1 cup olive or salad oil

1/4 cup vinegar

1/2 teaspoon salt

Few grains cayenne

1/4 teaspoon white pepper

2 tablespoons chopped parsley

Combine and beat or shake thoroughly before using. Makes 1 1/4 cups.

Variations using 1 cup French Dressing as a foundation:

**ANCHOVY**—Add 2 tablespoons anchovy paste or mashed anchovies and 1 tablespoon pearl onions.

**CAPER**—Add 1/3 cup minced capers.

**CHIFFONADE**—Add 1 tablespoon each chopped beets, chopped chives and chopped hard-cooked eggs.

**CHIVE**—Add 1 tablespoon chopped chives, minced shallot or onion.

**COTTAGE CHEESE**—Add 3 tablespoons cottage cheese and 1 tablespoon chopped chives.

**CUCUMBER**—Add 3 tablespoons grated cucumber and 1 tablespoon chopped chives.

**FINES HERBES**—Add 1 tablespoon each minced parsley, watercress, chervil and basil.

**GARLIC**—Rub bowl with crushed clove garlic.

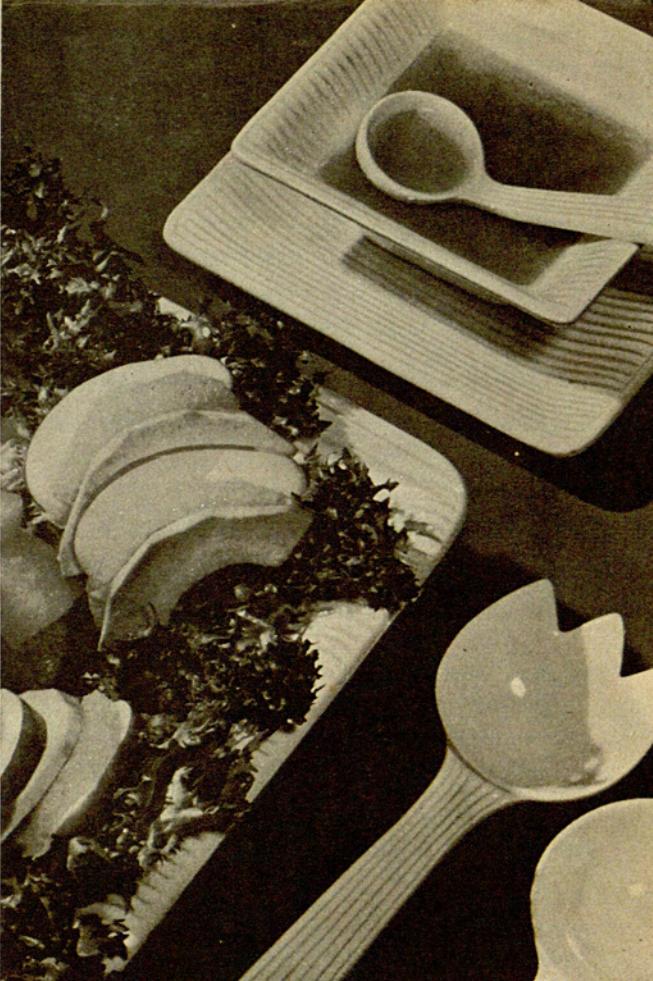
**GINGER ALE**—Use 2 tablespoons each vinegar and ginger ale.

**HORSE-RADISH**—Add 1 teaspoon prepared horse-radish.

**INDIA**—Add 2 tablespoons chutney, 2 chopped hard-cooked eggs and 1/2 teaspoon curry powder.

**MUSTARD**—Add 2 teaspoons prepared mustard to Garlic French Dressing.

**PEARL ONION**—Add 2 tablespoons pearl onions.



*Shake French dressing well and serve it in a bowl which matches your salad plates*

**ROQUEFORT**—Add 1/3 cup soft Roquefort cheese, crumbled first and creamed with 2 tablespoons French dressing.

**TARRAGON**—Use 1/4 cup tarragon vinegar.

**TOMATO**—Add 1 cup tomato juice; 1/2 clove garlic, minced; and 1 tablespoon confectioners' sugar.

**VINAIGRETTE**—Add 1 tablespoon chopped chives, 1 tablespoon chopped sweet pickles and 1 teaspoon chopped capers.

**WHITE WINE**—Use 1/4 cup white wine vinegar.

## LEMON FRENCH DRESSING

1/2 cup olive or salad oil

1/2 cup lemon juice

1/2 teaspoon salt

Few grains cayenne

2 tablespoons sugar or honey

Combine all ingredients and shake well before using. Makes 1 cup. See variations page 48.



*With fruit or fish salads serve the dressing in a pineapple bowl when you can*

Variations using 1 cup Lemon French Dressing as a foundation:

**CREAM CHEESE GINGER**—Beat in 2 tablespoons each cream cheese and chopped ginger.

**CRYSTALLIZED**—Fold into French dressing 2 cups fruit gelatin just as it begins to thicken; chill. Whip well.

**FRUIT**—Use 2 tablespoons each lemon, lime, pineapple and orange juice instead of 1/2 cup lemon juice.

**GRAPEFRUIT**—Use 1/4 cup grapefruit juice instead of 1/4 cup lemon juice and reduce sugar to 1 teaspoon.

**LIME**—Use 1/4 cup lime juice instead of 1/4 cup lemon juice.

**MARASCHINO**—Add 1 tablespoon chopped toasted almonds and 1 tablespoon minced maraschino cherries.

**MINT**—Add 2 tablespoons chopped mint.

**ORANGE**—Use 1/4 cup orange juice for 1/4 cup lemon juice and reduce sugar to 1 teaspoon.

**PINEAPPLE**—Use 1/4 cup pineapple juice instead of 1/4 cup lemon juice and reduce sugar to 1 teaspoon.

**RUBY**—Add 2 tablespoons grenadine or maraschino cherry juice and reduce sugar to 1 teaspoon.

### WHIPPED CREAM DRESSING

2/3 cup sugar  
2 tablespoons flour  
2 eggs, beaten  
2 tablespoons salad oil  
3 tablespoons lemon juice  
4 tablespoons orange juice  
1 cup pineapple juice  
1/2 cup heavy cream, whipped

Combine sugar and flour in top of double boiler; add remaining ingredients except cream and cook until thickened, stirring constantly. When cool fold in whipped cream. Makes 2 cups.

**GINGER**—Add 3 teaspoons chopped crystallized ginger.

### SOUR CREAM DRESSING

2 hard-cooked egg yolks  
1 cup sour cream  
1 teaspoon lemon juice  
1/2 teaspoon sugar  
Dash each salt and pepper

Press yolks through a sieve and beat into sour cream. Beat in lemon juice, sugar and seasonings. Makes 1 1/4 cups.

### COTTAGE CHEESE DRESSING

1/2 cup cottage cheese  
1/2 cup evaporated milk  
1/2 cup lemon juice  
1 tablespoon honey or sugar  
1/2 teaspoon salt  
Dash paprika  
1 tablespoon chopped chives

Beat all ingredients together until smooth. Makes 1 1/3 cups.

### CUCUMBER CREAM DRESSING

2 tablespoons lemon juice  
1 cup heavy cream, whipped  
Dash cayenne  
1/4 teaspoon salt  
Dash white pepper  
3/4 cup grated cucumber, drained

Stir lemon juice gradually into whipped cream; add seasonings and cucumber. Serve with fish or aspic. Serves 12.

**CUCUMBER DRESSING**—Use 1/2 cup mayonnaise with 1/2 cup whipped cream.

### HORSE-RADISH CREAM DRESSING

1 cup heavy cream  
1 tablespoon lemon juice  
1 tablespoon tarragon vinegar  
1 tablespoon red wine vinegar  
3 tablespoons grated horse-radish  
Dash salt  
Dash sugar  
1/4 teaspoon prepared mustard

Whip cream; add lemon juice and vinegar gradually, and stir in seasonings. Serve with tomato jelly, mixed greens, or cold meats. Makes 2 cups.

Add 2 tablespoons grated cucumber.

### PINEAPPLE CREAM DRESSING

3 egg yolks  
1/2 cup sugar  
5 tablespoons lemon juice  
1/2 cup pineapple juice  
Dash salt  
1/2 cup heavy cream, whipped

Beat egg yolks and sugar together, add fruit juices and salt and cook in top of double boiler until mixture thickens. Cool and fold in whipped cream. Makes 1 1/2 cups.

**ORANGE CREAM**—Use orange juice in place of pineapple.

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